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How to Cook it:

by Rena Barry
and
Agnes H. Mansfield

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HOW TO COOK IT

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Published by
Rena Barry and Agnes H. Mansfield
Springfield, Mass.
1922

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PREFACE

That a poor cook may spoil the very best food and oftentimes the very best disposition is a well-known fact, thus the value of practical education in cookery.

At the earnest request of the women in the Evening School of Practical Arts, teachers and friends, we have compiled this collection of practical recipes and we earnestly hope that it may be found helpful not only to those who expressed a desire for the book, but to housewives and mothers in varying their daily menus and in learning the more modern ideas on Table Service and the Art of Entertaining.

The authors are dietitians and teachers of Domestic Science in the Springfield and Chicopee schools. They are graduates of Teachers' College, Columbia University, and Worcester Domestic Science School.

Part I. Introduction

FOOD

Food is anything taken into the body to build or repair tissue or to produce heat and energy.

Foods are classified as :

1. Protein or muscle building food.
Example—Eggs, Meat, Fish, Milk, Cheese.
2. Carbohydrate or energy giving food.
Example—Sugar, starchy foods—Potatoes, Beans, Cereals.
3. Fat or energy producing food.
Example—Butter, Olive-oil, Lard.
4. Mineral Matter or tissue building food.
Example—Fresh Vegetables, Fruits, Meat, Milk and Eggs.
5. Water, a carrier of food and waste.

Reasons for Cooking :

1. To make it more palatable.
2. To make it more attractive.
3. To make it more digestible.
4. To kill harmful germs.

Ways of Cooking:

1. Broiling is cooking directly over a fire.
2. Baking is cooking in the dry heat of an oven.
3. Roasting originally meant cooking before an open fire, but in present usage it is cooking in an oven.
4. Boiling is cooking in boiling water.
5. Parboiling is partly cooking in boiling water.
6. Stewing or simmering is cooking in water below the boiling point.
7. Steaming is cooking over boiling water in a steamer or double boiler.
8. Frying is cooking in hot fat, deep enough to cover the article to be cooked.
9. Sauteing is cooking in a small quantity of hot fat.
10. Braising is cooking in a covered pan in the oven.
11. Deep fat frying is cooking in a great quantity of fat.

METHODS**Ways of Combining Ingredients:**

To stir—mix with circular motion until materials are blended.

To beat—turn mixture over and over.

To cut and fold—this term is used for beaten white of egg, and means to put the egg into the mixture and with a spoon fold it into the other ingredients, without beating the air out of it.

RULES FOR USE OF RECIPES

Directions for Measuring:

1. Sift flour before measuring.
2. Use level measurements.
3. Pack butter, lard, etc., in cups when measuring by $\frac{1}{4}$ or $\frac{1}{2}$ cups full.
4. Use a standard measuring cup.

Common Kitchen Measures.

3 teaspoons	}	1 tablespoon
$\frac{1}{2}$ fluid ounce		

16 tb.	}	1 cup
2 gills		
$\frac{1}{2}$ liquid pint		
8 fluid ounces		

1 liquid pint	}	2 cups
16 fluid ounces		

2 pts—one qt.

8 qts—one peck

4 pks—1 bu.

105 qts—1 barrel

Ice—30 cu. in.—1 pound

Sugar 1 c— $\frac{1}{2}$ lb.Butter 1 c— $\frac{1}{2}$ lb.Lard 1 c— $\frac{1}{2}$ lb.Flour 1 c— $\frac{1}{2}$ lb.Rice 1 c— $\frac{1}{2}$ lb.

Chapter I.

BEVERAGES

TEA

Cold tea should be served ice cold.

Hot tea should be served hot.

Rules for Making Tea.

1. Use freshly boiled water.
2. Scald tea pot.
3. Tea should be infused, never boiled.

Recipe for Making Tea.

6 tsp. tea.

4 cups boiling water

Scald teapot. Pour boiling water over tea and let stand in a warm place for five minutes. Strain and serve with lemon or milk.

Five o'Clock Tea.

Oolong, English Breakfast and Orange Pekoe tea are used for afternoon tea. It may be in a teapot when the tray is brought in. The recipe for tea may be used.

Tea Accompaniments.

Lump sugar.

Cream.

Lemon drops.

Sliced lemon

Whole cloves.

Candied cherries.

Iced Tea.

8 tsp. tea.

4 cups boiling water.

Follow tea recipe. Strain into glasses one-half full of cracked ice. Sweeten with powdered sugar and allow a slice of lemon for each glass.

COFFEE

Coffee may be served as filtered coffee and boiled coffee.

Rules for Making Coffee.

Coffee should not be boiled or steeped.

Coffee should be freshly ground.

Percolator Coffee.

1 cup coffee.

5 cups boiling water.

In making percolator coffee pour boiling water slowly over the finely ground coffee.

Boiled Coffee.

$\frac{1}{2}$ cup coffee

$\frac{1}{2}$ cup cold water

1 egg shell

5 cups boiling water

$\frac{1}{2}$ cup cold water

Scald coffee pot. Mix coffee and cold water and egg shell; add to the boiling water; boil five minutes; add $\frac{1}{2}$ cup cold water; let stand one minute and serve.

COCOA**Breakfast Cocoa.**

2 tb. cocoa

3 cups water

2 tb. sugar

3 cups milk

Boil sugar, water and cocoa until a thick syrup—scald milk, add to cocoa syrup, beat with a Dover egg beater and serve.

Reception Cocoa.

2 tb. cocoa

2 tb. sugar

$\frac{1}{4}$ cup cream (whipped cream)

4 cups milk

1 tb. powdered sugar

1 cup water

$\frac{1}{8}$ tsp. Baker's vanilla

Cook cocoa, sugar and water until a syrup; add scalded milk (serve with cream which has been whipped), and powdered sugar and vanilla.

To whip cream—add powdered sugar and vanilla and beat until stiff.

FRUIT BEVERAGES

Sugar syrup used to sweeten iced drinks is a considerable saving of sugar. The syrup is made by boiling one cupful of sugar and $\frac{1}{2}$ cupful of water for five minutes. This proportion makes a very heavy syrup. Juices left from canning may be used in making iced drinks. The fruit juice on the market will make twice the amount the original bottle contained. Fruit drinks should be garnished attractively.

Fruit Punch.

1 can grated pineapple	1 qt. grape juice
Juice of 12 oranges	2 cups sugar syrup
Juice of 3 lemons	3 qts. water

Mix fruit juice; add sugar syrup and water; add ice. When ready to serve, garnish with cherries, strawberries, sliced oranges, bananas or mint leaves.

Lemonade.

Juice and grated rind of 3 lemons
1 $\frac{1}{2}$ cup sugar syrup (or more, according to taste.)

Raspberry Delight.

1 pt. raspberry juice	2 qts. water
Juice from 2 lemons	1 cup sugar syrup
Mix and serve with cracked ice.	

Pineapple Lemonade.

2 cups boiling water	Juice of 3 lemons
1 cup sugar	1 can grated pineapple

Boil sugar and water, add lemon juice and pineapple; cool, add chopped ice and serve with a cherry in each glass.

Iced Loganberry Juice.

2 cups loganberry juice	$\frac{1}{2}$ cup orange juice
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Fill four glasses with crushed ice and pour mixture into glasses.

QUICK BREADS

Little Muffins.

2 cups flour	$\frac{1}{2}$ tb. sugar
4 tsp. baking powder	1 egg
$\frac{1}{2}$ tsp. salt	1 cup milk
2 tb. butter	

Mix and sift dry ingredients; add egg and milk gradually, add melted butter; beat with an egg beater for two minutes. Bake in a moderately hot oven in small, well oiled tins until light brown (the time will depend upon the size of the muffin tins.)

Graham Muffins.

1 cup flour	1 tb. sugar
1 cup graham flour	1 egg
$3\frac{1}{2}$ tsp. baking powder	1 cup milk
$2\frac{1}{2}$ tb. butter	

Mix and dry ingredients — follow recipe for "Little Muffins."

Southern Corn Bread.

1 cup corn meal	5 tsp. baking powder
1 cup flour	$\frac{3}{4}$ tsp. salt
$\frac{1}{3}$ c. sugar	1 egg
2 tb. butter	

Mix and sift dry ingredients; add milk and egg well beaten; add melted butter; beat mixtures; bake in a square shallow tin in a hot oven twenty-five minutes.

Popovers.

1 egg	$\frac{7}{8}$ cup milk
$\frac{1}{4}$ tsp. salt	1 cup flour
$\frac{1}{2}$ teaspoon melted butter	

Place oiled muffin tins or custard cups in the oven, heat until very hot. Mix ingredients; add milk gradually, then

melted butter; beat with Dover egg beater five minutes; turn into hot tins, fill three-fourths full and bake in a hot oven thirty-five to forty minutes.

Baking Powder Biscuit.

2 cups bread flour	2 tb. butter
5 tsp. baking powder	$\frac{3}{4}$ c. milk (more or less)
	$\frac{1}{2}$ tsp salt

Mix dry ingredients and sift. Work in butter with fork, two knives, or finger tips; add liquid, mixing with knife until a soft dough. Toss on floured board, pat and roll to 1 in. thickness. Shape, place on a buttered tin and bake twelve minutes in a hot oven.

Griddle Cakes.

2 cups flour	2 eggs
$\frac{1}{2}$ tsp. salt	$1\frac{1}{2}$ cup milk
2 tsp. baking powder	2 tb. butter

Mix and sift dry ingredients; add the milk and beaten eggs gradually; add melted butter. The griddle should be hot and thoroughly greased, and the mixture should be baked as soon as mixed.

Waffles.

$1\frac{3}{4}$ cup flour	1 cup milk
3 tsp. baking powder	yolks 2 eggs
$\frac{1}{2}$ tsp. salt	whites 2 eggs
	$1\frac{1}{2}$ tb. butter

Mix and sift dry ingredients; add milk and yolks well beaten; melted butter and cut and fold in the stiffly beaten whites of eggs. Cook in a hot, well oiled waffle iron. Put a tablespoon of the mixture in each section of the iron, cover, and the mixture will just fill the iron. The iron can be turned almost as soon as it is filled.

Doughnuts.

1 cup sugar	4 tsp. baking powder
3 eggs	$\frac{1}{4}$ tsp. cinnamon
1 cup milk	$\frac{1}{4}$ tsp. nutmeg
$3\frac{1}{2}$ cups flour	$1\frac{1}{2}$ tsp. salt

Mix the dry ingredients; add the beaten eggs and only enough milk to make a stiff dough; toss one-fourth the mixture at a time on a floured board; roll to $\frac{1}{8}$ inch thickness; cut with a doughnut cutter; fry in deep fat; lift out with a skewer and drain on brown paper.

Rules for Testing Fat.

1. When fat begins to smoke, drop in a small piece of bread and if in sixty seconds it is golden brown, it is the right temperature for frying uncooked mixtures. Cooked mixtures require only forty seconds.

Strawberry Shortcake.

2 cups flour	1 egg
$\frac{1}{3}$ c. sugar	$\frac{1}{3}$ c. butter
4 tsp. baking powder	$\frac{1}{3}$ c. milk
$\frac{1}{2}$ tsp. salt	

Mix dry ingredients and sift three times—work in shortening; add egg well beaten, and milk. Pat and roll to 2 in. thickness. Bake in a hot oven 20 minutes. Split and spread with butter. Fill with strawberries; place on the top and cover with Whipped Cream Sauce.

Individual Shortcakes.

5 tsp. baking powder	2 tb. butter
2 cups flour	4 tb. sugar
$\frac{1}{2}$ tsp. salt	1 cup milk

Mix as baking powder biscuit. Split biscuit, fill with mashed berries and cover top with cream.

Nut Bread. No. 1.

1½ cups graham flour	5 tsp. baking powder
2 cups white flour	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup sugar	1½ cup milk
$\frac{3}{4}$ cup broken walnut meats	

Mix dry ingredients; add milk gradually, then nuts. Put into oiled bread pans and bake in a moderate oven 50 to 60 minutes.

Nut Bread. No. 2.

$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ tsp. salt
$2\frac{1}{2}$ c. flour	1 egg
4 tsp. baking powder	1 cup milk
1 cup nut meats	

Mix and sift dry ingredients. Add beaten egg and milk gradually, then nut meats. Bake in buttered bread pans 50 to 60 minutes.

Steamed Brown Bread.

1 cup white flour	$\frac{3}{4}$ tsp. soda
1 cup corn meal	$\frac{1}{2}$ tsp. salt
1 cup graham flour	$\frac{3}{4}$ cup molasses
$1\frac{3}{4}$ c. milk	

Mix dry ingredients. Add milk and stir until smooth; add molasses and mix thoroughly. Fill buttered molds two-thirds full; steam 3 to $3\frac{1}{2}$ hours.

Whole Wheat Muffins.

$1\frac{1}{4}$ cup whole wheat flour	$\frac{1}{2}$ tsp. salt
1 tb. sugar	1 tb. melted butter
2 tsp. baking powder	$\frac{3}{4}$ cup milk

Mix dry ingredients; add milk and then melted butter; beat, pour into oiled gem pans and bake 20 to 30 minutes in a moderately hot oven.

Gingerbread.

$\frac{1}{3}$ c. butter or other fat	3 c. flour
$\frac{2}{3}$ c. boiling water	1 t. soda
1 cup molasses	$\frac{1}{2}$ t. salt
1 egg well beaten	1 tb. ginger
$\frac{1}{2}$ c. sugar if desired	

Melt butter in boiling water, and add molasses and egg. Mix and sift dry ingredients and add to the first mixture gradually. Bake in a shallow buttered tin in a moderate oven from 25 to 30 minutes.

Fritter Batter.

1¼ c. flour	½ c. milk
2 tsp. baking powder	¼ tsp. salt
1 egg	

Mix and sift dry ingredients, add egg and milk gradually; beat until smooth and fry in deep fat.

Note—Bananas, Oranges, Corn, Apples, Oysters, Pine-apple, Peaches, Salmon may be used with this batter. When fruits are used, cut up into small pieces and add 1½ tb. powdered sugar to the batter.

YEAST BREADS**Directions for Making Bread With Yeast.**

1. Mixture should not be overheated or chilled, as heat kills yeast and cold delays its growth.
2. Dough requires less kneading if the batter is well beaten in mixing.
3. Reasons for kneading dough:
 - a. to incorporate air.
 - b. to thoroughly mix ingredients.
 - c. to make it elastic.
4. When bread is baked, remove from oven, take from pans and allow to cool uncovered.
5. Bread should be kept in a covered bread box.

White Bread.

1 c. hot milk (or water)	2 tb. butter
1 c. hot water	2 tb. sugar
2 tsp. salt	1 yeast cake
½ c. lukewarm water	2 qts. flour

Mix yeast until smooth in lukewarm water; add salt, sugar and butter to the hot milk and water and allow to cool until lukewarm; then add to the yeast mixture and add enough flour to make a drop batter; beat thoroughly, and add remaining flour to make a soft dough and knead on a floured board until no longer sticky; place in a covered utensil and keep in a warm place until doubled in bulk. Shape into a loaf and

place in an oiled bread pan. Brush the top with melted butter and let rise until double in bulk and bake in a hot oven 45 min. to 1 hr.

Note—If bread is set the night before one-half the amount of yeast may be used.

Rolls.

Follow the recipe and directions for making white bread; when twice its bulk shape into rolls.

To make Parker House Rolls take one at a time; roll into a ball; then flatten it, brush the top with a little butter; make a crease through the center, fold over, pressing the edges tightly together. Place rolls in buttered pan an inch apart, brush with butter, allow to rise and bake in a hot oven for 20 min.

Cinnamon Rolls.

Follow recipe for White Bread. Roll dough to $\frac{1}{2}$ inch thickness. Cover with raisins, sprinkle with cinnamon and sugar mixture; allow $\frac{1}{4}$ tsp. cinnamon to one tb. sugar. Roll as for Jelly Roll and cut with a sharp knife $\frac{1}{2}$ in. thick. Place in buttered tins, allow to double in size and bake in a hot oven 15 to 20 minutes.

USES FOR DRY BREAD

Bread Crumbs. Grind or roll pieces of bread which have been thoroughly dried in the oven. They may be kept for some time in covered glass jars.

Toast. Cut stale bread in $\frac{1}{2}$ -in. slices; place on the rack in the broiling oven; toast until brown on one side; turn and brown on the other side.

Cream Toast.

2 c. milk	2 tb. flour
$\frac{3}{4}$ tb. butter	$\frac{1}{4}$ tsp. salt
5 slices bread	

Make a white sauce of milk, flour, butter and salt. Toast the bread on both sides, put on plate and pour white sauce between and over the toast.

French Toast.

2 c. milk

2 eggs

 $\frac{1}{2}$ tsp. salt

8 slices stale bread

Add slightly beaten eggs and salt to milk. Dip bread into egg mixture. Fry in hot buttered frying pan to golden brown.

Cinnamon Toast.

Toast one side of bread, butter the untoasted side, sprinkle with cinnamon and sugar mixture and toast.

Chapter III

CAKES

General Directions.

1. Measure all the ingredients.
2. Use pastry flour. Sift the flour before measuring, return to the sifter, add baking powder, salt and spices. When fruit or nuts are used, dredge with flour.
3. Separate the yolks and whites of eggs, but do not beat until ready to use them.
4. Oil the pans thoroughly with the same kind of fat used in the mixture.
5. Light the oven and be sure it is the right temperature before the ingredients are combined.

Mixing.

Cream the butter by continued rubbing against the bowl with a wooden spoon, finally beating until almost white. Add the sugar gradually and continue beating until the sugar ceases to be granular. Beat the yolks of the eggs until thick and lemon colored; beat into the creamed butter and sugar. Rinse the bowl in which the eggs were beaten with the milk. Add the flour and milk alternately; that is a quarter of the flour, then a portion of the milk and so on. First stir, then beat vigorously. Add Baker's vanilla. Add fruit if used.

Beat whites of eggs until stiff; cut and fold into the mixture. Fill the pans half full, with the sides well filled and a slight depression in the center.

Time Required for Baking.

Temperature of the oven—moderate—380 degrees F.

Time depends upon the thickness of the cake.

- a. Cup cake—12-15 minutes.
- b. Layer Cake—20-30 minutes.
- Loaf cake—30-40 minutes.

b. Quarters of time.

1. Begins to rise.
2. Continues to rise; begins to brown.
3. Finishes browning.
4. Shrinks from pan.

Care After Baking.

When taken from the oven allow it to remain in the pan about three minutes; loosen the edges with a knife; invert on a cooler; turn right side up after a few minutes.

Tiny Cakes.

1 $\frac{3}{4}$ c. flour	3 tb. butter
$\frac{3}{4}$ c. sugar	2 eggs
2 $\frac{1}{2}$ tsp. baking powder	$\frac{1}{2}$ c. milk
$\frac{1}{8}$ tsp. salt	$\frac{1}{2}$ tsp. Baker's flavoring

Cream the butter; add the sugar, cream together; add beaten eggs. Mix dry ingredients and add alternately with milk; add flavoring. Bake in tiny cake tins in a moderately hot oven twelve minutes. Do not fill the tins more than one-third full.

Dutch Apple Cake.

2 c. flour	4 tb. melted butter
4 tsp. baking powder	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{2}$ tsp. salt	1 c. milk
$\frac{1}{2}$ c. sugar	1 egg
2 sliced apples	

Mix dry ingredients, add egg and milk, add melted butter and beat. Pour into a greased floured shallow tin, arrange slices of apple, sprinkle with cinnamon mixed with 1 tb. of sugar.

Sliced canned peaches may be substituted for apples. The cinnamon is combined with dry ingredients in cake.

Feather Cakes.

3 tb. butter	2 $\frac{1}{2}$ tsp. baking powder
$\frac{3}{4}$ c. sugar	Whites 2 eggs
$\frac{1}{2}$ c. milk	$\frac{1}{2}$ tsp. Baker's vanilla
1 $\frac{2}{3}$ c. flour	$\frac{1}{4}$ tsp. Baker's almond

Cream the butter, add the sugar, then flour and baking powder with the milk; add beaten whites and Baker's flavoring. Fill tiny cake tins one-third full; bake in a moderate oven fifteen minutes. Frost with Maple Cream Frosting.

Southern Spice Cake.

$\frac{2}{3}$ c. sugar	$\frac{1}{4}$ c. milk
3 tb. butter	2 tsp. baking powder
1 egg	$1\frac{1}{2}$ c. flour
$\frac{1}{4}$ c. coffee (strong)	$\frac{1}{4}$ c. corn starch
1 tsp. cinnamon	$\frac{1}{4}$ tsp. cloves
$\frac{1}{4}$ tsp. allspice	

Cream butter, add sugar and beaten egg yolk. Sift and measure flour; add to dry ingredients, sift together and add to the butter, sugar and egg alternately with the milk and coffee. Pour into layer cake tins and bake in a moderately hot oven twenty minutes. Frost with Velvet Cream or Boiled Frosting.

One Egg Cake.

$\frac{2}{3}$ c. sugar	$\frac{1}{4}$ tsp. salt
3 tb. butter	$1\frac{1}{2}$ tsp. baking powder
1 egg	$\frac{1}{2}$ c. milk
$1\frac{1}{2}$ c. flour	1 tsp. Baker's vanilla

Cream the butter; add the sugar and beaten egg yolk—add dry ingredients alternately with the milk. Fold in beaten whites and Baker's flavoring. Pour into layer cake tins and bake in a moderately hot oven 25 min.

Cocoa Cake.

2 egg yolks	$1\frac{1}{2}$ c. flour
$\frac{1}{2}$ c. milk	3 tsp. baking powder
2 tb. cocoa	2 tb. melted butter
$\frac{3}{4}$ c. sugar	1 tsp. Baker's vanilla or
$\frac{1}{2}$ c. milk	$\frac{1}{4}$ c. coffee

Cook cocoa, milk and egg yolks in a double boiler until thick. Mix dry ingredients, add to cocoa mixture alternately

with milk; add melted butter and Baker's flavoring. Bake in a square shallow pan for twenty minutes. Frost with Chocolate or Boiled Frosting.

Devil's Food Cake.

$\frac{1}{4}$ c. butter	1 c. flour
$\frac{3}{4}$ c. sugar	1 tsp. soda
2 egg yolks	2 oz. chocolate
$\frac{2}{3}$ c. milk	$\frac{1}{4}$ tsp. Baker's vanilla

Cream the butter; add the sugar and beaten egg yolks; add melted chocolate, then the flour and soda alternately with the milk; add Baker's flavoring and bake in two layer tins for twenty-five minutes.

Sour Cream Cake.

2 eggs	$\frac{1}{2}$ tsp. salt
$\frac{3}{4}$ c. sugar	$\frac{1}{2}$ tsp. Baker's vanilla, or
1 c. thick sour cream	$\frac{1}{2}$ tsp. cinnamon
2 c. flour (scant)	$\frac{1}{8}$ tsp. cloves
$1\frac{1}{2}$ tsp. baking powder	$\frac{1}{3}$ tsp. soda

Beat eggs, add sugar, cream and Baker's flavoring—continue beating. Mix and sift flour, baking powder, soda, salt and spices (if used). Add this to the first mixture and blend to a smooth batter. Bake in two layers, in a loaf or in small pans.

Jelly Roll.

3 eggs	$\frac{1}{4}$ tsp. Baker's vanilla
$\frac{3}{4}$ c. sugar	1 tsp. baking powder
1 tb. milk (scant)	$\frac{1}{4}$ tsp. salt
1 c. flour	1 tb. melted butter

Beat eggs until light, add sugar gradually and continue beating; add milk, Baker's flavoring, flour, salt and baking powder sifted together and then melted butter. Pour into a large buttered shallow pan with bottom lined with buttered paper. Spread the mixture $\frac{1}{3}$ in. thick and bake 12 min. in a moderate oven. Turn on a clean cloth wrung out of hot water. Remove paper quickly and trim edges with sharp knife—spread with jelly, roll and wrap with paper to hold the shape.

Washington Pie.

$\frac{1}{3}$ c. shortening	$\frac{1}{2}$ tsp. Baker's flavoring
$\frac{3}{4}$ c. sugar	$1\frac{3}{4}$ c. flour
2 eggs	$2\frac{1}{2}$ tsp. baking powder
$\frac{1}{2}$ c. milk	$\frac{1}{8}$ tsp. salt

Cream butter, add sugar gradually then beaten yolks and flavoring. Mix flour and baking powder and add to the first mixture alternating with the milk. Fold in beaten egg whites. Bake in two or three layers. When cool spread jelly filling between the layers and pile with whipped cream on top.

Chocolate bars.

2 eggs	2 sqs. chocolate
1 c. sugar	6 tb. shortening
$\frac{1}{2}$ c. flour	1 tsp. Baker's vanilla
1 c. broken nut meats	

Beat eggs, add sugar gradually and continue beating; melt butter and chocolate together over hot water and add to the first mixture. Add flour, vanilla and nuts. Spread 1-3 in. thick on buttered shallow pans and bake in a moderate oven. When cool cut into small bars.

Gold Cake.

$\frac{1}{4}$ c. butter	$\frac{1}{2}$ tsp. Baker's vanilla or grated rind of lemon
$\frac{1}{2}$ c. sugar	1 c. flour
4 egg yolks	2 tsp. baking powder
$\frac{1}{3}$ c. milk	few grains of salt

Cream butter, add sugar gradually; add well-beaten yolks then flavoring and mix thoroughly. Mix and sift baking powder and flour and add alternately with the milk. Bake in buttered loaf tin.

Sponge Cake.

3 eggs	$1\frac{1}{2}$ c. flour
1 c. sugar	$1\frac{1}{2}$ tsp. baking powder
$\frac{1}{2}$ c. cold water	$\frac{1}{4}$ tsp. salt
1 tsp. Baker's vanilla	

Beat eggs whole, add sugar, beat well. Add water, flour, salt and Baker's vanilla. Bake 20 minutes in moderate oven.

Angel Cake.

1 c. egg whites	1 c. granulated sugar
1 c. flour	$\frac{1}{2}$ tsp. Baker's vanilla
1 tsp. cream of tartar	$\frac{1}{3}$ tsp. salt

Sift sugar and flour three times. Add salt and cream of tartar to egg whites and beat until stiff and dry. Fold into the flour and sugar, add flavoring and turn into an unbuttered angel tin. Bake in a slow oven until the surface springs back when pressed with the finger tips. Remove from oven and place pan bottom up on a wire cake cooler.

Cream Puffs.

$\frac{1}{3}$ c. butter	1 c. boiling water
1 c. flour	4 eggs

Boil butter with water until butter is melted; bring to the boiling point; add flour all at once and stir over fire until the mixture is stiff. Cool slightly and add the unbeaten eggs one at a time, beating in each until thoroughly mixed. Drop by spoonful on a buttered tin 2 in. apart. If a glazed surface is desired brush with white of egg before baking. Bake 30 to 35 min. in a moderate oven. When cool cut a slit and fill with sweetened whipped cream or cream filling.

Chocolate Eclairs.

Use cream puff mixtures, shaping in oblongs about 4 in. long and 1 in. wide. Bake as for Cream Puffs and fill with Chocolate Cream Filling. Cover top with chocolate (fil) frosting.

COOKIES AND WAFERS

General Directions for Cookies.

1. Cream the butter and sugar.
2. Add beaten egg.
3. Add milk and sifted ingredients alternately.
4. Add only enough flour to roll dough.

5. For thin cookies the dough should be chilled before rolling.

6. Cookies require a moderately hot oven.

Chocolate Nut Cookies.

2c. flour	$\frac{1}{4}$ c. milk
$\frac{1}{2}$ c. sugar	$\frac{1}{4}$ c. chopped meats (nut)
$\frac{1}{4}$ tsp. salt	2 oz. chocolate
2 tsp. baking powder	1 egg
2 tb. butter	

Cream butter and sugar; add beaten egg; add melted chocolate, dry ingredients and milk alternately; add walnut meats. Roll to $\frac{1}{2}$ in. thickness; cut and bake in a moderate oven about 12 min.

This recipe makes about 4 doz. very small cookies.

Cream Cookies.

2 c. flour	2 tsp. baking powder
$\frac{1}{4}$ c. sugar	$\frac{1}{4}$ c. raisins
$\frac{1}{4}$ tsp. salt	$\frac{1}{4}$ c. top milk or cream
$\frac{1}{4}$ tsp. cloves	1 egg
$\frac{3}{4}$ tsp. cinnamon	$\frac{1}{4}$ c. butter

Cream butter and sugar; add beaten eggs, dry ingredients and milk alternately; add raisins, roll and cut about $\frac{1}{4}$ in. thick. Bake in a moderate oven.

Note—The raisins may be omitted in this recipe.

Ginger Snaps.

2c. flour	$\frac{1}{4}$ c. butter
$\frac{1}{2}$ c. molasses	$\frac{1}{4}$ tsp. soda
$\frac{2}{3}$ tsp. salt	$1\frac{1}{2}$ tsp. ginger

Boil butter and molasses; when cool add dry ingredients; chill, roll out thin and cut; bake in a moderate oven about 10 min.

Jelly Filled Cookies.

2 c. flour	$\frac{1}{4}$ c. milk
$\frac{1}{2}$ c. sugar	$\frac{1}{4}$ c. butter
$\frac{1}{4}$ tsp. salt	1 egg
2 tsp. baking powder	$\frac{1}{4}$ c. jelly

Cream butter, add sugar and egg; add dry ingredients alternately with milk. Roll on floured board; cut, put one-half teaspoon jelly on top and join two cookies together like a sandwich. Bake in a moderately hot oven 10 min.

Molasses Cookies.

$\frac{1}{2}$ c. molasses	1 tsp. baking powder
$\frac{1}{2}$ c. milk	$\frac{1}{2}$ tsp. soda
$2\frac{1}{2}$ c. flour	$\frac{1}{2}$ tsp. salt
1 tsp. ginger	$\frac{1}{2}$ tsp. cinnamon
2 tb. melted butter	

Mix dry ingredients with 2 c. of flour; mix molasses, milk and butter and add to dry mixtures. Add enough of the remaining flour to make a soft dough. Chill thoroughly, roll a small quantity of the mixture at a time to $\frac{1}{2}$ in. thickness. Cut and bake on a slightly buttered tin in a moderate oven 10 to 15 min.

CAKE FROSTINGS AND FILLINGS

Strawberry Cream Filling.

1 egg white	1 tb. powdered sugar
1 c. strawberries (whole)	

Beat egg white with wire whip; add strawberries and powdered sugar. Continue beating until thoroughly mixed.

Quick Frosting.

1 c. powdered sugar	$\frac{1}{8}$ tsp. Baker's vanilla
2 tb. hot water	

Sift sugar, stir into hot water; add Baker's flavoring. This may be varied by using cocoa or other flavoring.

Cream Puff Filling.

1 c. sugar	1 spk. salt
$\frac{1}{3}$ c. flour	2 eggs
2 c. scalded milk	$\frac{1}{2}$ tsp. Baker's vanilla

Mix dry ingredients; add gradually to scalded milk; cook in double boiler, stirring constantly until thickened; pour

over slightly beaten eggs; mix well and return to double boiler. Cook two minutes over water below boiling point; remove from fire, cool and add flavoring.

Chocolate Eclair Filling.

1½ sqs. melted chocolate

Use directions for cream filling, adding chocolate to scalded milk.

Boiled Frosting.

1 c. sugar

1 tsp. Baker's vanilla, or

½ c. water

½ tsp. lemon juice

1 egg white

Boil sugar and water without stirring until syrup threads when dropped from the tip of a spoon; cool slightly and pour syrup gradually on stiffly beaten egg white, beating constantly; add Baker's flavoring and continue beating until thick enough to spread.

Fig and Nut Filling.

1 c. figs (chopped)

½ c. water

1 c. nuts (chopped)

spk. salt

⅓ c. sugar

½ tsp. lemon juice

Dissolve sugar in water; add figs and nuts; cook until thick; add Baker's flavor.

Fudge Frosting.

1 c. sugar

1 sq. chocolate

½ c. milk

½ tb. butter

¼ tsp. Baker's vanilla

Boil sugar, milk and chocolate until a soft ball when tried in water; add butter, cool, beat until creamy and spread on cake.

Mocha Frosting.

1 c. confectioners' sugar

3 tb. cocoa

2 tb. butter

1 tb. strong coffee

¼ tsp. Baker's vanilla

Mix sugar and cocoa, cream butter, add to the sugar mixture moistened to the desired consistency with strong coffee.

Chocolate Frosting.

- | | |
|-------------------------------------|------------------------------------|
| 1 c. granulated sugar | 2 sqs. chocolate |
| $\frac{1}{2}$ c. hot water | $\frac{1}{4}$ tsp. Baker's vanilla |
| 2 tb. whipped cream or 1 tb. butter | |

Boil sugar and water until it spins a thread; pour over chocolate; add Baker's vanilla and beat until creamy; add whipped cream or butter.

Cocoanut Cream Frosting.

- | | |
|------------------------------------|------------------------------------|
| 1 c. powdered sugar | 1 egg white |
| 1 c. shredded cocoanut | $\frac{1}{4}$ tsp. Baker's vanilla |
| $\frac{1}{2}$ c. top milk or cream | 2 drops Baker's almond |

Sift sugar, add cocoanut and white of egg beaten stiff; add milk or cream until the consistency to spread; add Baker's flavoring.

Chocolate Marshmallow Fudge.

Cut the marshmallow in halves, cover cake and pour over fudge frosting, using a hot knife to spread.

Chapter IV

CANDY

General Directions for Candy Making.

The different stages of sugar cookery in candy-making are soft ball, hard ball, crack, hard crack.

The sugar and water boiled together reaches the soft ball stage when a portion dropped into cold water can be gathered up with the fingers into a soft ball.

The hard ball stage is reached when the portion tested forms a firm, compact ball.

At the crack degree, the portion tested becomes slightly brittle and can no longer be molded into a ball. In other words, it is the point at which the candy first becomes "snappy."

The hard crack is the stage at which the portion tested becomes hard and brittle.

After the hard crack stage is passed, the syrup gradually changes color, becoming first light yellow, deep yellow, brown and finally a deep red. These represent the different stages of Caramelization.

At the last stage the sugar has lost its sweet taste and is used for coloring soups and gravies.

At the intermediate stage it is used for flavoring ice creams and custards.

These different stages may be easily determined by the use of a thermometer.

At the following stages the thermometer registers:

	Centegrade	or	Fahrenheit
Soft ball stage	113½ to 117		236 to 242
Hard ball stage	123½		254
Crack stage	127 to 135		260 to 275
Hard crack stage	143½		290
Caramel stage	149 to 176		200 to 350

Peanut Butter Fudge.

2 c. white sugar 1 c. milk
Butter, size of egg

Boil until it forms a firm ball, remove from fire and add 3 tablespoons of peanut butter, a pinch of salt and tablespoon of Baker's vanilla. Beat until it starts to thicken, then pour into buttered pan and cut before it is quite cold.

Maple Peanut Fudge.

1 lb. confectioners' sugar 2 tbsp. cocoa
 $\frac{1}{2}$ lb. maple sugar 2 tbsp. Baker's vanilla
1 lb. ground salted peanuts

Boil sugar and maple sugar until nearly done, then mix cocoa in $\frac{1}{2}$ cup milk and add to the mixture; add vanilla. When done stir in ground peanuts. Pour in buttered pan to cool.

Chocolate Marshmallow Fudge.

2 c. sugar 1 tb. marshmallow
 $\frac{3}{4}$ c. milk 1 tb. butter
2 sqs. chocolate $\frac{1}{4}$ tsp. Baker's vanilla
 $\frac{1}{2}$ c. walnut meats

Boil sugar, milk and chocolate to soft ball stage. Add butter and vanilla, allow to cool, beat and when creamy add nuts and marshmallow. Pour into buttered tin and mark in squares.

Brown Sugar Fudge.

1 c. white sugar $\frac{1}{2}$ c. milk
1 c. brown sugar 1 tb. butter
 $\frac{1}{4}$ tsp. Baker's vanilla

Cook sugar and milk to a soft ball, add butter and vanilla, cool, beat until creamy, pour into a buttered tin.

Caramels.

1½ c. corn syrup	2 c. of white sugar
2 c. of cream or condensed milk	1 c. of butter
	1 c. nut meats

Put sugar, corn syrup, butter and one cup of milk in a kettle and cook until the mixture boils vigorously, then add the other cup of milk. Do not allow the mixture to stop boiling while the milk is being added. Boil until, when tested in cold water, it will form a firm ball. Remove from fire, add vanilla and nut meats and pour into a buttered biscuit pan to make a sheet $\frac{3}{4}$ of an inch thick, and when nearly cold take out of pan, cut into cubes and roll in wax paper.

Molasses Mint Taffy.

1c. molasses	1-16 tsp. salt
1 tps. vinegar	$\frac{1}{4}$ tsp. soda
$\frac{1}{2}$ tbp. butter	3 drops oil of peppermint

Boil together the molasses, vinegar, salt and butter until the mixture is brittle when tested in cold water (270 F.) Add the soda and peppermint and stir until it stops foaming. Pour into a greased pan (2 pans 4 in. x 6 in.) When cool gather into a ball and pull until light and stiff. Stretch out in a long rope and cut into small pieces with scissors.

Cocoanut Biscuits.

1¾ c. cocoanut chopped	$\frac{1}{4}$ c. flour
$\frac{1}{4}$ c. corn syrup (light)	1 egg white

Beat egg white until stiff; gradually fold in corn syrup, flour, and finely chopped cocoanut. Drop on baking sheet, forming biscuits about $1\frac{3}{4}$ in. in diameter. Bake in a hot oven (400-415 F.) for fifteen to twenty minutes.

Butter Scotch.

2 c. corn syrup (dark) 1 tsp. vinegar
4 tbp. butter

Cook syrup, vinegar and $\frac{2}{3}$ of butter together until brittle when dropped into cold water (275 F.) Add remainder of butter; stir until melted. Pour in thin sheet on inverted pan. Mark in 1-inch squares while warm.

Puffed Rice Balls.

1 pkg. puffed rice $\frac{3}{4}$ c. water
 $\frac{1}{4}$ c. white corn syrup $\frac{1}{4}$ tsp. vinegar and salt
1 c. sugar $\frac{1}{2}$ tb. Baker's vanilla

Boil sugar, water and corn syrup without stirring until crack stage, add remaining ingredients, remove from fire, pour over puffed rice which has been heated in the oven in a large pan. Form into balls and let stand until cold.

Peanut Brittle.

1 c. sugar 1 c. chopped peanuts

Melt sugar in frying pan over a low flame, stirring until light brown, add nuts and a few grains of salt, pour quickly into a shallow buttered pan.

Salted Nuts.

Use unroasted peanuts or almonds. Cover with boiling water and boil one minute. Plunge into cold water and drain, remove skins and dry on clean cloth. Fry a few at a time in olive oil until light brown, using a small deep pan. Stir constantly so that the nuts may be browned evenly. Remove, drain, spread on an unglazed paper and sprinkle with salt.

Note—Other oils may be substituted for olive oil or a clarified mixture of butter and lard may be used. Nuts may be browned by placing in a pan covered with fat and set in the oven to brown.

Glace Nuts or Fruits.

1. c. sugar

 $\frac{1}{2}$ c. boiling water

1-16 tsp. cream of tartar

Put ingredients in top of double boiler over direct flame, boil until syrup begins to discolor. Remove and place into bottom of double boiler filled with cold water to instantly stop boiling— then place over hot water during dipping. Take nuts or fruit separately, dip into syrup and place on oiled paper.

Chapter V

GENERAL METHOD OF COOKING CEREALS

Utensil—Double Boiler.

Usual proportions— $\frac{1}{2}$ c. flakes or $\frac{1}{4}$ c. granules to 1 c. water, $\frac{1}{4}$ t. salt to 1 c. water.

The denser the cereal, the more water and the longer the time required.

Bring water to boiling point in upper part of double boiler, placed directly on the stove.

Shake cereal slowly into boiling water, stirring constantly.

Let boiling continue until mixture begins to thicken. Place over boiling water in lower part of the boiler.

Cover and cook gently with little stirring, 1 hr. or more, or until tender and soft. Or put in fireless cooker for 3 hours.

Serve hot, with or without sugar, with milk, cream or butter.

Put in moulds with fruit and serve cold as dessert.

Corn Meal Mush.

Mix 1 c. corn meal, 1 tsp. salt, 1 c. cold milk or water. When smooth, blend with 1 pt. boiling water, stir for about 5 minutes; when thick, place over water and cook one hour or more. Or put in fireless cooker to finish cooking. Serve hot, or pack in pan to fry, or dip in fat and toast under the gas.

Fried Cereal.

Pack solidly in moulds which have been wet in cold water. Turn out when cold. Slice. Sprinkle each slice with flour. Brown in hot fat. Serve with syrup.

Cream of Wheat with Raisins.

$\frac{1}{2}$ c. Cream of Wheat	2 c. boiling water
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ c. raisins (Washed and cut in small pieces)

Cook in double boiler 1 hr.; add raisins.

Boiled Rice. $\frac{1}{2}$ c. rice $\frac{3}{4}$ c. boiling water $\frac{1}{2}$ tsp. salt

Wash rice and cook in boiling water until soft. Drain and set in a warm place to dry.

Steamed Rice.

Prepare as for boiled rice, but cook in a double boiler 40 minutes.

Boiled Macaroni. $1\frac{1}{2}$ c. macaroni

10 c. boiling water

 $1\frac{1}{2}$ tb. salt

2 tb. butter

 $\frac{1}{4}$ tsp. pepper $\frac{1}{2}$ c. milk

Break macaroni in inch pieces, wash and cook in boiling salted water until tender (45 min.) stirring often to prevent burning. Drain and pour cold water over macaroni to keep pieces from sticking.

Baked Macaroni with Cheese.

Put a layer of boiled macaroni in a buttered baking dish, sprinkle with grated cheese; repeat; when dish is three-fourths filled, pour white sauce over the mixture, cover with bread crumbs and bake until crumbs are brown.

Chapter VI

CHEESE DISHES

Cheese Fondue.

1 c. milk (scalded)	$\frac{1}{2}$ tsp. salt
1 c. soft bread crumbs	1 tb. butter
$\frac{1}{2}$ lb. or 1 c. cheese (cut in small pieces)	few grains cayenne 1 to 2 eggs

Melt the butter; add milk, crumbs and chopped cheese. Stir until cheese is melted, add seasonings and beaten yolks, cut and fold in whites beaten stiff. Pour into a buttered baking dish and bake 20 minutes in a moderate oven.

Welch Rarebit.

1 c. grated cheese	1 tb. butter
1 c. milk	$\frac{1}{2}$ tsp. mustard
spk. of cayenne	$\frac{1}{2}$ tsp. salt
1 tb. flour	2 eggs

Melt butter, add dry ingredients, stir until mixed; add milk gradually and cook until thick; add cheese and stir until it melts. Serve on bread toasted on one side; pour mixture over the untoasted side.

Cheese Pudding.

1 c. cheese	1 egg
2 c. milk	2 tb. butter
$\frac{1}{2}$ tsp. mustard	$\frac{1}{2}$ tsp. salt
1-16 tsp. pepper	3 slices bread

Scald milk, add cheese and seasonings; stir until dissolved; add eggs well beaten. Pour over buttered cubes of bread and bake in a buttered baking dish until firm. Chopped peppers may be added if desired.

Chapter VII

EGGS

Soft Cooked Eggs.

Place eggs in saucepan with boiling water to cover; remove saucepan from fire and let stand covered 5 to 10 min.

Hard Cooked Eggs.

Place eggs in boiling water to cover, cook below the boiling point about 30 min.

Scrambled Eggs.

4 eggs	$\frac{1}{2}$ c. milk
1 tsp. salt	$\frac{1}{8}$ tsp. pepper
1 tb. butter	$\frac{1}{2}$ tsp. salt

Add salt, pepper and milk to eggs slightly beaten, melt butter in pan, pour in egg mixture; cook over low flame stirring constantly until the desired thickness. Serve on or with buttered toast.

Golden-Rod Eggs.

2 hard cooked eggs	1 c. milk
1 tb. butter	$\frac{1}{8}$ tsp. pepper
1 tb. flour	$\frac{1}{2}$ tsp. salt

4 slices toast

Make a white sauce of butter, milk, flour and seasoning; add the chopped whites of eggs to sauce, pour over hot toast, press the yolks through a strainer over the top. Garnish with parsley and serve at once.

Foamy Omelet.

4 eggs	$\frac{1}{2}$ tsp. salt
4 tb. water	$\frac{1}{8}$ tsp. pepper
1 tb. butter	

Separate whites and yolks; add water to whites and beat until stiff. Fold in yolks and seasonings. Add butter to omelet pan and heat; pour in the mixture and cook over a low fire until well puffed and browned underneath; place in oven to cook top. When done it is firm and dry when pressed. Fold and turn out on platter.

Chapter VIII

FISH

Selection of Fish.

Fresh fish will be recognized when eyes are full and bright; flesh is firm and gills are red. Broiling and baking are the best methods for cooking fish.

Baked Fish.

Clean, wipe and dry the fish; dredge with salt, pepper and flour, fill with dressing and sew up. Bake fish on its side in the pan; slices of salt pork or bacon may be placed on top if fish is very dry. When the flour begins to brown, baste with fat and boiling water. Bake about 1 hr. The fish is done when the flesh separates easily from the bone. Serve with or without sauce.

Fish Dressing.

1 c. stale bread crumbs or	1 tb. melted butter
cracker crumbs, water,	$\frac{1}{2}$ tsp. salt
a few drops lemon or 1	$\frac{1}{8}$ tsp. pepper
tsp. Baker's onion juice	

Mix ingredients, using water enough to moisten.

Creamed Cod Fish.

2 c. milk	3 tb. butter
1 c. salt cod	$\frac{1}{3}$ c. flour
1-16 tsp. pepper	

Make a white sauce with the flour, butter, pepper and milk. Tear codfish into small pieces and soak until soft in lukewarm water, drain and add to white sauce, reheat and serve on hot buttered toast or with boiled potatoes.

Sauted Fish Cakes.

Clean fish, sprinkle with salt and pepper and dip in granulated corn meal or flour. Dry out slices of fat salt pork in frying pan, remove scraps and saute the fish in the fat.

Cod Fish Balls.

1 qt. potatoes pared and	1 c. salt fish
quartered	1 tb. butter
$\frac{1}{8}$ tsp. pepper	

Wash, cook and shred codfish; boil potatoes and mash; season with pepper and butter; drain codfish and add to potato mixture. Shape into balls and fry in deep fat. Drain on glazed paper.

Fried or Baked Smelts.

Clean, wash and dry the smelts. Roll in egg and crumbs and fry in deep fat 3 to 5 minutes.

They may be dipped in milk or melted butter and then in flour or fine crumbs and baked. Smelt may be stuffed before baking.

Salmon Loaf.

1 c. salmon	1 tb. lemon juice
1 tb. parsley	$\frac{1}{2}$ to 1 c. crumbs
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ c. milk
pepper	1 egg

Mince fish, removing uneatable portions. Mix all ingredients. Pack in buttered molds. Steam or bake in a pan of water. Turn out and serve with sauce or peas.

Broiled Fish.

Clean and broil, season with salt, pepper and butter and serve immediately with or without sauce.

Boiled Fish.

Wash and clean fish; tie in cloth; put in boiling salted water to which 1 tb. vinegar has been added. Cook gently, allowing 15 min. per lb. Serve with egg sauce.

Scalloped Oysters.

1 pt. oysters	2 c. bread crumbs
2 tb. melted butter	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ tsp. pepper	6 tb. oyster liquor

Mix salt, pepper and butter with crumbs; spread the bottom of a buttered baking dish with crumbs; put in one-half of the oysters, then a layer of crumbs, then the other half of the oysters, covering the top with the remaining crumbs. Pour over the liquid and dot with butter. Bake in a moderate oven 20 min.

Creamed Crab Meat.

2 c. shredded crab meat	4 tb. flour
2 c. milk	4 tb. butter
$\frac{1}{2}$ tsp. salt	$\frac{1}{8}$ tsp. pepper

Make a white sauce of seasonings, flour, butter and milk; add the crab meat, reheat and serve on toast or in patty shells. Garnish with paprika.

Oyster Stew.

1 pt. oysters	2 tb. butter
2 c. scalded milk	1 tsp. salt

1-16 tsp. pepper

Clean and pick over the oysters; heat oyster liquor to the boiling point, strain and add oysters. Cook until oysters are plump and curl at the edges. Add scalded milk, butter, pepper and salt and serve with oyster crackers.

Fish Chowder.

3 lb. cod	1 sliced onion
2-in. cube fat salt pork	2 tsp. salt
2 tb. butter	1 qt. potato cubes
$\frac{1}{8}$ tsp. pepper	1 qt. hot milk

Have the fish skinned. Cut the fish from backbone and divide into 2-in. pieces. Put head, backbone and tail in kettle with 1 qt. cold water, heat slowly, cook about 30 min. Parboil potatoes on cover with cold water for half an hour. Fry onion with pork, strain fat into clean kettle. Put in fish and potatoes and over them strain the broth from the bones. Cook until potatoes are tender; add seasoning, milk and crackers if desired.

Chapter IX

ICE CREAMS, SHERBETS AND ICES

Directions for Freezing.

1. Use 3 parts finely crushed ice to 1 part salt for ice cream and sherbet.
2. Use equal parts ice and salt when packing mousse.
3. Scald the ice cream freezer thoroughly before using.
4. Turn the crank slowly and steadily at first to insure a smooth mixture.
5. Crush ice by placing in a strong bag and pounding.

Vanilla Ice Cream.

- | | |
|------------------------|-----------------------|
| 2 c. milk | 1 qt. cream |
| $\frac{3}{4}$ c. sugar | 2 tb. Baker's vanilla |

Scald milk; add sugar; when cool add whipped cream and flavoring; freeze according to general directions for freezing.

Chocolate Ice Cream.

- | | |
|-----------------------|-------------------------|
| $\frac{3}{4}$ c. milk | $\frac{1}{4}$ tb. sugar |
| 1 qt. cream | 1 tsp. Baker's vanilla |
| 2 oz. chocolate | |

Melt chocolate over hot water, add sugar and hot cream gradually. Cool, add vanilla. Freeze.

Coffee Ice Cream.

- | | |
|---------------------|------------------------|
| 1 qt. cream | $\frac{3}{4}$ c. sugar |
| 1 qt. strong coffee | |

Heat cream and dissolve sugar in it. Add coffee. Freeze.

Peach Ice Cream.

- | | |
|-------------|-------------------|
| 1 qt. cream | 3 c. peach |
| 2 c. sugar | 1 tb. lemon juice |

Scald cream with peach stone in it. Remove stone, add sugar. Press peach through sieve. Add lemon juice. Cool cream, combine with fruit. Freeze.

Banana Ice Cream.

1 pt. cream	1 $\frac{1}{3}$ c. lemon juice
1 pt. milk	1 c. sugar
4 bananas	spk. salt

Remove skins and scrape bananas; then force through a sieve; add remaining ingredients and freeze.

Custard Ice Cream.

3 c. milk	1 c. sugar
1 c. cream	2 eggs
2 tb. flour	1 tb. Baker's vanilla

Mix flour and sugar; add milk and cook 15 min. in a double boiler, stirring often; add this mixture to the beaten eggs and return to the double boiler; cook 3 min., cool, add vanilla and fold in whipped cream. Freeze according to general directions for freezing.

Orange Ice.

1 $\frac{1}{2}$ qts. water	rind and juice of 3 oranges
	3 c. sugar

Boil 3 minutes; cool, add $\frac{1}{2}$ c. orange juice and 1 tb. lemon juice. Freeze.

Lemon Ice.

2 qts. water	2 c. lemon juice
	4 c. sugar

Boil water and sugar 3 minutes. Cool. Add lemon juice, strain and freeze.

Pineapple Sherbet.

4 c. water	2 grated pineapple
1 $\frac{1}{2}$ c. sugar	1 tb. gelatine (plain)
1 tb. lemon juice	$\frac{1}{4}$ c. cold water

Boil water and sugar 20 min.; soak gelatine in $\frac{1}{4}$ c. cold water and dissolve in syrup; add grated pineapple and juice of lemon. Freeze according to general directions.

Coffee Mousse.

1 c. coffee	1 c. cream
1 c. milk	$\frac{3}{4}$ c. sugar
1 tb. gelatine	1 tsp. Baker's vanilla

Soak gelatine in cold water and dissolve in scalded milk; dissolve sugar in boiling coffee, add milk and stir occasionally until it begins to thicken. Remove from fire, cool, flavor and fold in whipped cream. Pour in mold which has been dipped in cold water; spread an oiled paper over the top large enough to extend over the edges; cover closely and pack in equal parts ice and salt; let stand 3 to 6 hrs. To remove from mold, dip in hot water for an instant and turn out on a serving dish.

Note—Fruits, candied ginger, maple, chocolate or caramel may be substituted for the coffee to make different flavored mousse.

Chapter X

MEAT

Care of Meat.

When meat comes from the market, it should be taken from the paper and put in a dish in a cold place. Wipe meat with a clean cloth wrung out in cold water to remove particles adhering to the surface.

BEEF

Good beef is firm and elastic to the touch and coated with fat. The flesh is purplish red when first cut and fat a light straw color. Good meat has no disagreeable odor.

Broiled Steak.

Wipe and trim a tender steak about 1 in. thick and place in a hot broiler; sear meat on one side and then on the other. Cook 4 to 8 minutes, turning often. Place on platter, sprinkle with salt and pepper, spread with butter and serve.

Parboiled Steak and Onions.

Place the steak or chops on a very hot frying pan, cook 4 to 8 minutes, turning often; place on a platter, sprinkle with salt and pepper, spread with butter.

Broiled Hamburg Cakes.

1 lb. round steak	1 egg
1-16 tsp. pepper	½ tsp. salt
½ c. bread crumbs	

Chop steak fine, season with salt and pepper and if desired 1 tsp. chopped onion; add beaten egg and bread crumbs. Shape into small cakes, handling lightly; broil on oiled broiler or parboil in a frying pan.

Roast Beef.

Trim, wipe, place on a rack in dripping pan, sprinkle flour, rub salt into fat. Have oven very hot at first to sear the outside quickly to prevent escape of juice; then reduce heat. Baste every 5 min. with fat which cooks out into the pan, and turn the roast over to cook it evenly.

A sirloin or rib roast weighing 5 lbs. will require about one hour, or longer if it is to be well done. A surer rule for time of cooking is to allow 15 min. for each inch in thickness, or 20 min. if wanted well done.

Roast Beef Gravy.

After placing the roast on the platter, drain out the fat and put some water in the pan to soak off the browned juice and flour.

For each cup of gravy put 2 tb. of the fat in a saucepan and brown 2 tb. of flour in it; then add one cup of the water from the pan. Cook like white sauce. When thickened, season as desired with salt and pepper.

Clarified Fat.

Cut the fat, suet or flank fat in small pieces, removing skin and bits of lean meat. Cover with cold salted water, and leave in a cold place for several hours. Drain off the water, and if possible soak again and drain. Heat slowly till the fat has melted and the scraps are crisp but not brown. Strain and cool. Slices of potato or pieces of charcoal cooked in the fat before straining will absorb any impurities.

Pot Roast.

For pot roast use pieces from the round, chuck or rump. Wipe meat with clean, wet cloth, dredge with flour and brown on all sides with a small amount of fat in a pan. Surround with boiling water, cover closely and boil 5 min. Reduce the heat and cook below the boiling point until tender. Season with salt and pepper and cook 15 to 20 min. longer. Make a gravy from stock in which the meat was cooked.

Note—If desired, sliced onions, turnips, carrots, celery, a few cloves, peppercorns and a bit of bay leaf may be placed around the meat after adding the water.

Swiss Steak.

Select a round or chuck steak; pound in flour on both sides with the side of a saucer until the surface is dry; sprinkle with salt and pepper; place in a hot frying pan with onions and cook until both sides are brown. Place in a hot buttered baking dish; cover with 1 c. tomato and 1 chopped green pepper. Bake in a moderately hot oven 1 to 1½ hrs.

Meat Loaf.

2 lb. chopped beef round, or inexpensive cut.

$\frac{1}{2}$ lb. salt pork

1 c. soft bread crumbs

3 onions

2 eggs

2 peppers

$\frac{1}{2}$ tsp. salt

Chop pork, onions and peppers together; add the bread crumbs, salt, meat and slightly beaten egg. Mix thoroughly; shape in a loaf in a well greased baking pan. Pour over 1 can tomatoes and bake about 1 hr. in a moderate oven, basting occasionally. Thicken the gravy and serve as sauce with the loaf.

Hash.

Remove skin, gristle and bone from the meat and if very fat, discard most of the fat. Chop the meat and add an equal quantity of cold boiled chopped potatoes. Season with salt and pepper, put into a hot buttered frying pan; moisten with stock, milk or water if dry. Stir until well mixed; spread evenly, then place on a part of the range where it may brown slowly underneath. Turn and fold on a hot platter; garnish with parsley and serve immediately. If the meat is tasteless, other seasonings may be added, such as celery salt, Worcestershire sauce and chopped onion, more or less potato according to convenience.

Meat Pie.

Cut left-over cooked beef or veal into inch cubes; thicken gravy with flour, season with salt and pepper; place meat and gravy in a buttered baking dish. Have mixture hot and cover with baking powder biscuit dough, pie crust or mashed potato. Bake in a hot oven until brown.

Cream Dried Beef. $\frac{1}{4}$ lb. dried beef

2 c. white sauce

Tear beef into small pieces, cover with cold water and heat slowly to the boiling point; drain and add to the white sauce. If desired, a beaten egg may be stirred into the mixture as it is removed from the fire.

VEAL

Veal is best in the spring. The flesh is pinkish in color and the fat is white. Veal requires thorough cooking.

Veal Cutlets.

Wipe meat and cut into pieces for serving; sprinkle with salt and pepper; cover with bread crumbs, then dip into beaten egg; then roll again in crumbs. Saute until well browned on each side, drain off the fat, add hot water, cover closely and continue cooking slowly until thoroughly cooked and tender.

Veal Loaf.

Follow directions for Meat Loaf, substituting veal for other meat. Season with sage and nutmeg.

Veal Croquettes.

2 c. cooked veal

 $\frac{1}{4}$ tsp. salt1 $\frac{1}{2}$ c. thick white sauce $\frac{1}{8}$ tsp. pepper

few drops onion juice

few drops lemon juice

Chop veal very fine; add seasoning; add to white sauce and spread on plate to cool; when cold shape into pyramids, cones or balls; roll in bread crumbs and fry in deep fat. Drain on brown paper and serve hot.

LAMB**Roast Lamb or Mutton.**

A leg of lamb or mutton is best for roasting. Wipe the surface with a cloth wrung out of cold water, sprinkle with flour, salt and pepper; place in a roasting pan and cook in a very hot oven until well browned; then reduce the heat and cook in a slow oven, allowing 25 min. to a pound. If the pan is uncovered, baste occasionally. Serve hot with or without mint sauce.

Lamb Stew with Dumplings.

Wipe and cut into small pieces 2 lbs. of lamb from the forequarter. Put in a saucepan, cover with boiling water and cook slowly until tender (about 2 hrs.) One-half hour before the lamb is cooked, add one-half cup chopped carrots and one-half cup turnips and one onion cut in small pieces. Ten minutes later add 3 c. parboiled potatoes cut in small pieces. Thicken with 3 tb. flour diluted with cold water enough to make a smooth paste.

Dumplings.

1½ c. flour	½ tsp. salt
3 tsp. baking powder	1 tsp. butter
½ c. milk	

Mix and sift dry ingredients. Work in butter and mix with a knife until a soft dough is formed. Drop into boiling stew by spoonful, dipping the spoon into the stew each time before taking up the dough. Cover closely and steam 10 to 15 min.

PORK

The flesh is light red and the fat white. Pork is more easily diseased than any other kind of meat, and should be thoroughly cooked and used only in cold weather.

Roast Pork.

The loin and ham are suitable for roasting. Wipe and trim the meat; sprinkle with flour, salt and pepper. Cook until well browned in a very hot oven; reduce the heat and cook until the meat is thoroughly tender. A little water may be added to the bottom of the pan during roasting, unless a covered pan is used. The meat should be basted occasionally.

Broiled Bacon.

Have bacon sliced very thin; remove rind and place slices on a wire broiler. Place the broiler over a dripping pan and place in hot broiling oven.

Liver and Bacon.

Pour boiling water over liver and let stand 5 min.; drain and remove the tough vein and thin membrane; sprinkle with salt and pepper and roll in flour. Cook in hot bacon fat in frying pan; serve with broiled bacon.

Boiled Ham.

Soak over night in enough cold water to cover. Wash, trim off hard skin near bone, cover with water, heat to the boiling point and cook slowly until tender. Allow about 4 hrs. for a 12-lb. ham. Remove from kettle when ham is cool; remove skin and outside fat, sprinkle with brown sugar, stick in cloves one inch apart and bake one hour in a slow oven.

Ham Souffle.

1½ c. milk	1 tb. butter
2 tb. flour	½ tsp. salt
1 c. bread crumbs	⅓ tsp. pepper
1 c. chopped cooked ham	2 eggs
1 tb. finely chopped parsley	

Make a sauce of the milk, flour, butter, salt and pepper, add the crumbs and meat, beaten yolks and parsley; fold in the beaten whites and bake in a buttered dish 30 min. in a moderate oven. Serve immediately.

CHICKEN**To Dress and Clean a Chicken.**

Remove hairs by holding over a flame until all parts are exposed to the flame; this is called singeing. Remove pin feathers. Tendons may be drawn from the legs before the feet are taken off if desired. To do this bend back the joint at the lower end of the drum stick, cut the skin beneath the joint and insert a skewer below the tendons one at a time, drawing them out. Cut off the head and feet. Scrub in warm water to which 1 tsp. of borax has been added. Rinse in several waters. With a sharp knife cut the skin around the vent to the breast bone; make another incision at the back of the neck. Fold over the skin and loosen the windpipe, gullet and

crop. Just above the vent gradually work the entrails loose from the insides, take hold of the gizzard and draw out the entrails. Do not break the gall-gladder. Remove the lungs and kidneys. The gizzard, liver and heart are the giblets; these should be cleaned and used. Cut the gizzard to the inner lining. Fold back from the small sack inside, remove the gall-bladder and tissue from the liver, press the blood from the heart. Wash the giblets, stew them and serve either chopped or whole and use as either dressing or gravy.

Roast Chicken.

A young and plump chicken should be selected. Dress and clean as directed. Stuff with dressing, sew the skin together, tie wings and legs close to the body, rub with salt and spread with butter and flour creamed together. Place in a roasting pan with the breast downward, brown in hot oven, reduce the heat, add a little water to the pan, turn the chicken over and continue cooking until the breast meat is tender. Baste with liquid in the pan; if covered after browning it will require less basting. Make gravy, following directions for Roast Beef gravy.

Stewed Chicken.

Fowl may be used instead of chicken for stewing. Dress and clean chicken, cut the legs and wings from the body, disjoint the legs, separate the breast from the back by cutting through the width at the joint and disjoints the collarbone, and cut off the neck as close to the back as possible. Cook in boiling water one minute and simmer until tender, adding salt and pepper when nearly done. If desired pieces may be rolled in flour, browned on both sides before or after stewing. Dumplings may be cooked in the broth. When dumplings are done, gravy may be made from the broth.

Chicken Croquettes.

Follow the directions for veal croquettes, substituting 2 c. chopped chicken for veal.

Chapter XI

GENERAL DIRECTIONS FOR MAKING PASTRY

1. It is most important to use good pastry flour.
2. Lard makes a light colored, tender crust.
3. Vegetable fat gives a pastry slightly darker but tender.
4. Clarified beef suet alone or combined with butter gives a tender well-flavored crust and may be used for any paste except puff.
5. Butter should be used for puff paste.
6. Ingredients and utensils must be as cold as possible.
7. No more water than is absolutely necessary should be used in the paste.
8. One-half tsp. baking powder added to 2 cups flour gives lightness but is not essential.
9. Paste to be digestible should be light, flaky and tender.

Pie Crust.

1 c. flour	3 tb. lard or other fat
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ tsp. baking powder
cold water	

Mix dry ingredients, cut in shortening with knife or rub in with fingers. Add water a little at a time, allowing the flour to absorb the water without pressure. The mixture should be just moist enough to stick together. Place dough on a slightly floured board, turn it over and roll it with light strokes to make it a little larger than the pan in which it is to be baked. Line an oiled pan with the pie crust mixture. In a single crust press the dough over the edge of the pan and fold over, shape with the fingers or mark with a fork. Prick a few holes in the bottom to prevent large bubbles from forming. To cover a pie moisten the edge of the lower crust and lay on an upper crust which has been perforated to allow the steam to escape. Press the edges lightly together and bake in a hot oven.

Flaky Pastry.

3 c. flour	$\frac{1}{4}$ c. washed butter
1 tsp. salt	$\frac{1}{2}$ to $\frac{3}{4}$ c. ice water
$\frac{1}{4}$ c. shortening	

Sift flour and salt, work shortening into flour with tips of fingers, moisten with cold water, pat and roll as for plain paste. Dot with small bits of butter, using one-third the quantity, dredge with flour, fold toward center, then double, making four layers, pat and roll out. Repeat until butter is used, roll, shape, chill and bake in hot oven.

Pumpkin Pie.

$1\frac{1}{2}$ c. strained pumpkin	1 tsp. cinnamon
$\frac{1}{2}$ c. sugar	1 tsp. ginger
2 eggs	$\frac{1}{2}$ tsp. salt
2 tb. molasses	2 c. scalded milk

Mix sugar and spices with pumpkin, add milk to eggs slightly beaten, line pie plate with pie crust, fill with pumpkin mixture and bake in a hot oven 20 min.

Lemon Sponge Pie.

2 tb. butter	2 tb. flour
1 c. sugar	2 eggs
1 c. milk	2 small lemons (juice and grated rind)

Cream butter, sugar and flour, add lemon juice and rind, well beaten egg yolks and milk. Fold in stiffly beaten whites, pour into pie plate lined with crust and bake 30 min.

Cocoanut Custard.

2 eggs	$\frac{1}{8}$ tsp. salt
$\frac{1}{4}$ c. sugar	2 c. scalded milk
$\frac{1}{4}$ c. cocoanut	few grains nutmeg

Beat the eggs slightly, add sugar, salt and milk and cook in a double boiler until it coats the spoon. Line a pan with the pie crust, bake the crust in hot oven, pour in the filling, add nutmeg and sprinkle cocoanut over the top, reduce the temperature of the oven to cook the custard and finish baking the crust.

Lemon Meringue.

1 c. sugar	2 c. boiling water
$\frac{1}{2}$ c. flour	2 egg yolks
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ c. lemon juice
1 tsp. butter	grated rind of 1 lemon

Mix flour, sugar, and blend with hot water; cook 5 min. over the fire, stirring constantly; place in a double boiler, add butter and beaten egg yolk. Cook 2 min.; remove from fire and add strained lemon juice and grated rind. Line pan with pie crust and bake. Fill with lemon filling and cover with meringue; bake in a slow oven until delicately browned.

Meringue.

2 egg whites	2 tb. powdered sugar
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Beat whites until light; add sugar gradually and continue beating. Pile the mixture roughly on pie; bake in a slow oven until golden brown. Meringue may be made by floating it on hot water and browned to place on pie or pudding.

Chocolate Cream Pie.

2 c. milk	2 tb. sugar
1 tb. corn starch	$\frac{1}{4}$ tsp. salt
2 eggs	$\frac{1}{2}$ tsp. Baker's vanilla
1 $\frac{1}{2}$ sqs. melted chocolate	

Cook cornstarch, add milk until thick, add yolks of eggs well beaten, sugar and salt and let cook a few minutes, add flavoring. Use egg whites for meringue. Line a pie plate, bake crust, fill with chocolate cream, pile with meringue and bake until light brown in a slow oven.

Blueberry Pie.

2 $\frac{1}{2}$ c. berries	$\frac{1}{8}$ tsp. salt
$\frac{1}{2}$ c. sugar	1 tb. flour

Line a deep pie plate with crust, fill with berries dredged with flour, sprinkle with sugar and salt, cover with crust, bake in a moderate oven 45 to 50 min.

Apple Pie.

5 sour apples	$\frac{1}{4}$ tsp. cinnamon
$\frac{1}{2}$ c. sugar or more	1 tsp. butter

Line a pie pan with crust, and fill with pared, cored and sliced apples, sprinkle with sugar and cinnamon, dot with butter, moisten edges of lower crust and cover with perforated upper crust. Press the edges together and bake in a moderately hot oven 40 min. Lard or milk may be brushed over the top before baking.

Rhubarb Pie.

1 c. sugar	$1\frac{1}{2}$ tb. flour
2 c. rhubarb	$\frac{1}{8}$ tsp. salt
1 tsp. lemon juice	1 egg

Wash rhubarb and cut without peeling into $\frac{1}{2}$ in. pieces; mix sugar, flour, salt, slightly beaten egg, lemon juice and add the rhubarb. Bake between two crusts in a moderately hot oven 30 min.

Prune Pie.

$\frac{1}{2}$ lb. prunes	2 tb. lemon juice
$\frac{1}{2}$ c. sugar	2 tsp. butter
	$\frac{1}{2}$ tb. flour

Wash prunes, soak in enough cold water to cover them, cook in same water until soft; remove stones and mix with sugar and lemon juice, add $1\frac{1}{2}$ tb. prune juice. Line pie plate with crust, cover with prunes, pour over prune juice, dot with butter, sprinkle with flour, put on upper crust and bake in a moderate oven 25 min.

Peach Pie.

Remove skins by dipping peaches in boiling water 1 minute. Cut peaches, cook until soft in enough water to prevent burning, sweeten to taste, cool and fill baked pie crust. Cover with sweetened flavored whipped cream.

Cranberry Pie.

2 c. cranberries

1. c. sugar

 $\frac{3}{4}$ c. water

Cook cranberries, water and sugar 10 min., cool, bake in one crust with a rim and strips across the top.

Chapter XII

PUDDINGS

Soft Custard.

2 c. scalded milk	$\frac{1}{4}$ c. sugar
2 eggs	$\frac{1}{8}$ tsp. salt
$\frac{1}{2}$ tsp. Baker's vanilla	

Beat yolks slightly, mixed with sugar and salt, then slowly add scalded milk, stirring constantly. Cook over water just below the boiling point until it coats the spoon. Add Baker's flavoring when cool. Custard cooked over boiling water will curdle; if this happens, place in a pan of cold water and beat with a Dover Egg Beater.

Baked Custard.

3 c. scalded milk	$\frac{1}{4}$ c. sugar
3 eggs	$\frac{1}{8}$ tsp. salt
$\frac{1}{2}$ tsp. Baker's vanilla	

Beat yolks slightly, mix with the sugar and salt, add the hot milk slowly, add flavoring and stir until sugar is dissolved. Pour into buttered molds and set in a pan of hot water. Bake in a slow oven until firm. The test for a baked custard is to put a silver knife into the mixture and if it comes out clean the custard may be taken from the oven.

Caramel Custard.

Follow the recipe for baked custard, when cool turn from the molds and serve with Caramel Sauce.

Floating Island.

Follow soft custard recipe, reserving the whites. Beat whites stiffly and fold into mixture or pile on top and bake in a slow oven until meringue is golden brown.

Chocolate Cream Pudding.

3 c. milk	$\frac{1}{4}$ tsp. salt
4 tb. corn starch	4 tb. sugar
$1\frac{1}{2}$ tb. cocoa or $\frac{1}{2}$ oz. choc.	$\frac{1}{2}$ tsp. Baker's vanilla

Mix corn starch, sugar and cocoa in $\frac{1}{4}$ c. cold milk, pour the remaining scalded milk, pour slowly on the corn starch mixture; return to double boiler, stir constantly until thick, then cover and cook without stirring for 20 min.; add salt and Baker's vanilla and serve with whipped cream.

Coffee Cream Pudding.

Follow recipe for chocolate cream, substituting 1 c. hot coffee for 1 c. milk.

Orange Pudding.

3 c. scalded milk	2 eggs
$\frac{1}{4}$ c. cornstarch	1 tsp. Baker's vanilla
$\frac{1}{4}$ tsp. salt	4 tb. powdered sugar
$\frac{1}{4}$ c. sugar	4 oranges

Thoroughly mix the cornstarch, granulated sugar and salt together, and add the hot milk gradually, stirring constantly. Pour into double boiler and stir until it thickens and cook covered 20 min. and pour corn starch over slightly beaten yolks and return to double boiler and cook 2 min. stirring continually. Add Baker's flavoring and pour over sliced oranges. Beat whites, fold in powdered sugar and pile on top. Bake in a moderate oven until meringue is delicately browned.

Prune Whip.

$\frac{1}{2}$ lb. prunes	$\frac{1}{2}$ tb. lemon juice
$\frac{1}{2}$ c. sugar	4 egg whites

Wash and pick over prunes, soak in cold water and cook in same water until soft. Remove stones and chop prunes or press through a strainer and cook 5 min. Fold prune mixture and lemon juice into stiffly beaten whites, pile lightly into a buttered pudding pan and bake 20 min. in a slow oven. Serve cold with cream or custard sauce, or both.

Brown Betty.

2 c. bread crumbs	2 tb. sugar
2 c. sliced apples	$\frac{3}{4}$ tsp. cinnamon
$\frac{1}{2}$ tb. butter	$\frac{1}{2}$ c. hot water

Line the bottom of a buttered baking dish with a layer of apple, sprinkle with cinnamon and sugar, dot with butter, then add more crumbs and apples until the dish is filled, pour over the water and bake in a moderate oven 20 min. Serve with hard sauce.

Delmonico Pudding.

1 c. stale bread	$\frac{1}{2}$ tb. butter
2 c. hot milk	$\frac{1}{4}$ c. cocoanut
$\frac{1}{4}$ c. sugar	1 egg
$\frac{1}{4}$ tsp. salt	

Break the bread into small pieces, add milk and pour into buttered baking dish. Mix egg, sugar, salt and flavoring and add to the first mixture. Dot the top with butter and sprinkle with cocoanut, bake in a slow oven. Jelly or raisins may be added in place of cocoanut.

Chocolate Bread Pudding.

Follow recipe for Delmonico pudding, adding $\frac{1}{2}$ oz. of unsweetened chocolate or 2 tb. cocoa and flavor with Baker's vanilla. If chocolate is used melt and mix with part of sugar and enough hot milk to thin the mixture. Add to bread and milk. If cocoa is used mix it with sugar.

Baked Rice Pudding.

2c. cooked rice	$\frac{1}{2}$ c. seeded raisins
1 c. scalded milk	$\frac{1}{4}$ c. sugar
1 egg	$\frac{1}{8}$ tsp. salt
few grains nutmeg	

Add scalded milk to slightly beaten egg. Mix ingredients and bake in a buttered pudding dish until thickened and light brown. Serve with whipped cream on vanilla sauce.

Tapioca Cream Pudding.

$\frac{1}{4}$ c. tapioca	2 eggs
2 c. milk	$\frac{1}{8}$ tsp. salt
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tsp. Baker's vanilla

Pearl tapioca should be soaked in sufficient cold water to cover for at least an hour, preferably over night. Minute tapioca needs no soaking. Add milk to tapioca and cook in double boiler until transparent. Mix egg yolks, salt and sugar, stir the hot mixture into them, return to double boiler and cook 5 min. or until it thickens slightly. Remove from fire, add flavoring and stiffly beaten whites. Cool and serve. Sliced peaches, pineapple or bananas may be added.

Apple Tapioca.

$\frac{1}{2}$ c. tapioca	$\frac{1}{2}$ tsp. salt
2 c. boiling water	$\frac{1}{2}$ c. sugar
1 tb. lemon juice	6 apples
$\frac{1}{4}$ tsp. cinnamon	

Pour boiling water over tapioca, add salt and cook in a double boiler until transparent. Pare and slice apples into baking dish; sprinkle with sugar and cinnamon and add lemon juice. Pour cooked tapioca over apples and bake in a moderate oven about 20 min. or until apples are soft. Serve with sugar and cream. Apricots may be substituted for apples.

GENERAL DIRECTIONS FOR USE OF GELATINE

1. It should be soaked in cold water.
2. It should be dissolved in hot liquid.
3. It should never be allowed to boil.
4. It should be kept in a cool place until firm.

Lemon Gelatine.

3 tb. gelatine (plain)	3 c. hot water
$\frac{1}{2}$ c. cold water	1 c. sugar
juice and grated rind of 1 large lemon	

Soak gelatine in cold water until soft, boil hot water and sugar to make a syrup. Remove from fire, add gelatine and lemon juice. Chill until firm and serve with cream or Baker's whipped marshmallow.

Fruit Gelatine.

Follow the directions for lemon gelatine, adding fresh or cooked fruits. Hot fruit juice may be substituted for part of the hot water.

Coffee Gelatine.

Follow directions for lemon gelatine, substituting 1 c. strong coffee for part of the hot water and omit the lemon juice.

Whipped Raspberry Gelatine.

1 pkg. Raspberry Gelatine

Follow directions for making gelatine; when partly chilled beat with a Dover Egg Beater until stiff enough to hold its shape; let stand until firm.

Snow Pudding.

1 tb. gelatine (plain)	¼ c. cold water
¾ c. boiling water	1 c. sugar
¼ c. lemon juice	3 egg whites

Soak gelatine in cold water, boil sugar and hot water to make a syrup, remove from fire and add lemon juice. Stir occasionally until it begins to thicken, then beat with Dover egg beater until it holds its shape. Fold in the beaten whites and let stand until firm. Serve with custard sauce to which the grated rind of one lemon has been added.

Spanish Cream.

1 tb. gelatine	⅛ tsp. salt
⅓ c. sugar	2 c. milk
2 eggs	1 tsp. Baker's vanilla

Scald the milk, add gelatine and sugar, cook until it coats the spoon, pour slowly on slightly beaten egg yolks, return to double boiler and cook, stirring constantly until it thickens; remove from fire, add salt and flavoring. Fold in stiffly beaten egg whites, chill and serve with cream.

Macaroon Pudding.

Follow recipe for Spanish Cream and add $\frac{1}{2}$ c. macaroon crumbs.

Steamed Pudding.

2 c. flour	$\frac{1}{2}$ tsp. salt
3 tsp. baking powder	1 c. milk
1 egg	$\frac{1}{4}$ c. melted butter
1 c. figs	1 c. dates

Mix sugar, milk, eggs and melted butter and add to mixed and sifted dry ingredients; add fruit and fill covered buttered molds $\frac{2}{3}$ full and steam 2 hrs. Serve with hard sauce or cream.

Chapter XIII

SALADS — SALAD DRESSINGS

RULES FOR MAKING SALAD

1. All materials should be cold.
2. The ingredients should be prepared and marinated before combining them in a salad.
3. Salad plants should be crisp and thoroughly washed.
4. Salads should be attractive but simple.

Kinds of Salad Plants.

Lettuce is the most commonly used salad plant. It is usually a garnish for the salad mixture but may be served alone, with Russian, French or Mayonnaise Dressing.

Chicory, Endive, Romaine and Watercress are salad plants and usually served with French Dressing.

To marinate—means to soak in a French dressing.

Kinds of Salads.

1. Meat (left-over meats, as) ham, chicken, veal may be combined with celery, nuts, etc., to make a salad.
2. Fish—crab meat, tunafish, lobster, salmon.
3. Fruit—grapefruit, oranges, bananas, pineapple, apples, cherries, strawberries, grapes, etc., may be combined in salads.
4. Vegetables—cold cooked vegetables make appetizing salads; cucumbers, tomatoes, etc., may also be used in salads.

Chicken Salad.

- | | |
|----------------------|---|
| 2 c. chopped chicken | $\frac{1}{8}$ tsp. salt |
| 2 c. chopped celery | $\frac{1}{4}$ c. chopped green pepper
(if desired) |

Marinate chicken and celery, drain, add salt, mix with mayonnaise, add green pepper, pile on lettuce leaves and garnish with slices of hard-cooked egg, cherries, olives, pimientos or strips of green pepper.

Ham and Celery Salad.

Follow directions for chicken salad, substituting 2 c. chopped ham for chicken, omitting the salt.

Crab Meat Salad.

2 c. crab meat

$\frac{1}{4}$ c. chopped olives

Marinate with French dressing, mix with mayonnaise dressing and serve on lettuce. Garnish with pimento.

Lobster Salad.

Remove lobster meat from shells, marinate with French dressing, cut into cubes, drain and mix with mayonnaise dressing, arrange in nests of lettuce leaves, put a spoonful of mayonnaise on top and garnish with lobster claws.

Salmon Salad.

Follow the recipe for chicken salad. Garnish with hard-cooked eggs.

Stuffed Egg Salad.

Cut six hard-boiled eggs in halves, remove yolks and mash; mix with celery and enough mayonnaise to moisten; refill whites, arrange on lettuce and sprinkle with paprika.

Cheese, Pear and Green Pepper Salad.

Arrange half pears which have been marinated on a bed of lettuce; press cream cheese through a sieve over the top and garnish with peppers.

Alberta Salad.

Marinate pineapple and arrange slices on bed of lettuce; mix cream cheese, broken walnut meats and enough mayonnaise to form soft balls; roll in grated walnut meats, place on pineapple and garnish with strips of pimento. Serve with mayonnaise or fruit salad dressing.

Waldorf Salad.

Cut apples into $\frac{1}{2}$ inch cubes and add chopped celery and marinate; add nuts and mix with mayonnaise. The apple shells may be refilled, or pile on bed of lettuce leaves; serve with mayonnaise or fruit salad dressing, and garnish with cherries.

Fruit Salad.

Any combination of fruit in equal parts may be used. The fruits should be cut, marinated and served with whipped cream or Fruit Salad Dressing.

Tomato Gelatine Salad.

2 c. hot strained tomato	$1\frac{1}{2}$ tb. gelatine
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ tsp. sugar
$\frac{1}{4}$ c. cold water	

Soak gelatine in cold water, add hot tomato and seasoning. Pour into small cups, chill and serve on lettuce with boiled or mayonnaise dressing. Left-over vegetables may be added to this salad.

Potato and Egg Salad.

Cut cold boiled potatoes in cubes, marinate, drain, add chopped onions and celery if desired, sprinkle with salt, add chopped hard-cooked eggs, mix with boiled dressing and serve on lettuce. Eggs may be used as a garnish.

Potato, Apple and Nut Salad.

Cut apple and cold boiled potato into cubes, marinate, mix with mayonnaise or boiled dressing, add nuts and serve on lettuce. Egg or pimento may be used to garnish.

French Dressing.

$\frac{1}{2}$ c. oil	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ c. vinegar	$\frac{1}{4}$ tsp. pepper

Mix salt, pepper, and enough paprika to color the dressing, with the oil and vinegar. Beat until well mixed. Lemon juice may be substituted for one-half the vinegar.

Mayonnaise Dressing.

1 tsp. salt	1 tsp. paprika
1 tsp. mustard	2 egg yolks
1 tsp. powdered sugar	2 tb. lemon juice
2 tb. vinegar	1 c. oil

Mix dry ingredients, add egg yolks and when well blended add $\frac{1}{2}$ tsp. vinegar, add oil drop by drop until one-fourth the quantity has been added; stir constantly as mixture thickens; thin with vinegar or lemon juice, and continue alternating oil and vinegar until all is used.

Fruit Salad Dressing.

1 c. whipped cream	$\frac{1}{4}$ c. mayonnaise dressing
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Mix together and serve at once.

Russian Dressing.

1 tb. chopped pimento	2 tb. chopped olives
$\frac{1}{4}$ c. Chili sauce	1 tsp. chopped chives
$\frac{1}{2}$ c. mayonnaise	

Mix ingredients and serve on hearts of lettuce or with other salads.

Boiled Dressing.

2 tb. butter	1 tsp. salt
$\frac{1}{4}$ c. flour	3 tb. sugar
1 c. milk	1 tsp. mustard
$\frac{1}{2}$ c. vinegar	1 egg
$\frac{1}{8}$ tsp. pepper	

Make white sauce of butter, flour and milk; mix dry ingredients and add to slightly beaten egg and add one-half the vinegar. Pour white sauce over the egg mixture and return to double boiler, stirring constantly until thick enough to separate when the spoon is drawn through the center; add the remaining vinegar slowly.

Chapter XIV

SANDWICHES — SANDWICH FILLING

GENERAL DIRECTIONS FOR SANDWICH MAKING

1. Bread should be 24 hrs. old and should be cut in thin even slices.
2. Butter should be creamed.
3. For dainty sandwiches remove crusts and cut in fancy shapes.
4. To keep sandwiches moist wrap in oil paper or cover with a damp cloth.
5. Sandwiches containing lettuce or green vegetables should be put together just before serving.

Sandwich Fillings.

1. Cold meat sliced.
2. Minced meat mixed with salad dressing.
3. Bacon, lettuce, tomato and salad dressing.
4. Lettuce with mayonnaise or Russian dressing.
5. Lettuce with cucumbers and dressing.
6. Hard-cooked eggs, lettuce and dressing.
7. Sliced onion with French dressing.
8. Sliced cheese and mustard.
9. Cream cheese with nuts, pimientos, olives or dates.
10. Peanut butter, with salad dressing or jelly.
11. Chopped prunes and figs.
12. Date and Nut.
13. Raisin and nut.
14. Marmalade, jam or jelly and nut.

Chapter XV

SAUCES

White Sauce	Thin	Medium	Thick
Butter	1 tb.	2 tb.	2½ tb.
Flour	1 tb.	2 tb.	4 tb.
Milk	1 c.	1 c.	1 c.
Salt	¼ tb.	¼ tb.	¼ tb.
Pepper	f. g.	f. g.	f. g.

Mix dry ingredients, melt butter in a saucepan, remove from fire and add dry ingredients, stir until all lumps disappear and add cold milk and return to fire. Cook five minutes, stirring constantly.

Drawn Butter Sauce.

3 tb. butter	¼ tsp. salt
1 tb. flour	¾ c. boiling water
½ tb. chopped parsley	1 tb. lemon juice

Melt butter, mix with flour and salt, add boiling water, cook until smooth and serve hot.

Hollandaise Sauce.

4 tb. butter	¼ tsp. salt
1 egg yolk	1-16 tsp. pepper
1 tb. lemon juice	¼ c. boiling water

Cream the butter, add egg yolk and beat well, then add lemon juice, salt and pepper, just before serving add boiling water. Cook in double boiler until as thick as custard. Serve at once.

Mint Sauce.

1 bunch mint leaves	⅓ c. sugar
¼ c. vinegar	⅛ tsp. salt

Wash and chop mint fine, heat vinegar but do not boil it. Dissolve sugar and salt and serve at once.

Tomato Sauce.

1½ c. tomato	½ tsp. salt
2½ tb. butter	2½ tb. flour
⅛ tsp. pepper	1 tsp. chopped onion

Cook tomato and onion 3 min., cream the butter, salt and pepper together. Strain tomato and add it to the mixture gradually, stirring until smooth. Cook 5 min., stirring constantly.

Egg Sauce.

Chop yolks and whites of two hard cooked eggs. Add to medium white sauce and serve at once.

Tartar Sauce.

Use mayonnaise dressing recipe and add to it ¼ c. chopped pickles.

Cheese Sauce.

2 tb. butter	¼ c. flour
¼ tsp. salt	⅓ c. cheese
2 c. milk	⅛ tsp. paprika

Make a white sauce and add the cheese.

Orange or Lemon Sauce.

¾ c. sugar	1 c. boiling water
1 tb. butter	2 tb. flour
juice of ½ lemon or 1 orange	

Mix flour and sugar and hot liquid, place over fire and stir sauce until it boils, then simmer for 15 min. Add other ingredients and serve.

Vanilla Sauce.

Follow directions for lemon sauce, substituting 1 tsp. Baker's vanilla for lemon juice.

Foamy Sauce.

2½ tb. butter	3 tb. milk
2 eggs	1 tsp. Baker's flavoring
1 c. powdered sugar	

Cream the butter, add the sugar and eggs well beaten; add the milk and beat over hot water until foamy, add flavoring and serve at once.

Hard Sauce.

¼ c. butter	2 c. powdered sifted sugar
1½ tsp. Baker's vanilla, or ½ tsp. lemon and 1 tsp. vanilla.	

Cream the butter, add sugar gradually and flavor.

Caramel Sauce.

1 c. sugar	¾ c. boiling water
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Melt sugar in a saucepan, stirring constantly until golden brown; add the water and cook until a syrup is formed.

Custard Sauce.

2 c. scalded milk	¼ c. sugar
2 eggs	⅛ tsp. salt
¼ c. milk	juice and grated rind of 1 lemon

Beat eggs slightly, add sugar and salt, stir constantly, adding hot milk gradually; cook in double boiler; continue stirring until mixture thickens and coats the spoon; strain, chill and add flavoring. In cooking do not allow water in bottom of double boiler to boil, as this curdles the custard. If curdled, beat with Dover Egg Beater.

Whipped Cream Sauce.

1 c. thick cream	⅓ c. powdered sugar
½ tsp. Baker's vanilla	

Beat cream until stiff with Dover Egg Beater, add sugar and flavoring.

Chocolate Sauce.

1 sq. chocolate	$\frac{1}{2}$ c. sugar
$\frac{1}{2}$ c. water	1 tb. corn starch
$\frac{1}{2}$ c. milk	spk. salt
1 tb. Baker's vanilla	

Cook sugar, chocolate, corn starch and water; add other ingredients; cook in double boiler 15 min.

Chocolate Marshmallow Sauce.

$\frac{1}{2}$ c. sugar	1 sq. chocolate
$\frac{1}{2}$ c. milk	2 tb. butter
2 tb. marshmallow	$\frac{1}{2}$ tsp. Baker's vanilla

Cook sugar, chocolate and milk until it boils; boil 2 min.; remove from fire, add butter, marshmallow, vanilla. Beat until well mixed and serve warm.

Cranberry Sauce.

1 qt. cranberries	2 c. sugar
$1\frac{1}{2}$ c. boiling water	

Pick over and wash berries, cover with hot water and boil 10 min. Add sugar and stir until dissolved. Cool and serve.

Apple Sauce.

10 sour apples	$\frac{1}{2}$ c. sugar
1 c. water	$\frac{1}{8}$ tsp. cinnamon

Wash, pare and quarter and core apples. Cover with cold water and cook in a covered saucepan until soft. Press through strainer, add sugar and spice.

Rhubarb Sauce.

Wash and cut rhubarb into 1-inch pieces. To 1 c. of rhubarb add $\frac{1}{2}$ c. sugar.

Prune Sauce.

Wash and soak prunes over night; cook in the water the prunes soaked in; add sliced lemon peel and allow to simmer until soft. Serve whole or press through a strainer. To the juice add $\frac{1}{2}$ c. sugar and cook to form a syrup.

Apricot Sauce.

Follow directions for making prune sauce.

Chapter XVI

SOUPS

There are two classes of soups:—

Stock Soup—Which is prepared by cooking meat and bone in water to draw the juice and flavor; stock should not be cleared, for it removes the nourishing part.

Cream Soups—Are made by adding cooked, strained vegetable pulp to thin white sauce; corn, peas, beans, potatoes, celery, tomatoes are used. Left-over vegetables may be utilized in either stock or cream soups.

Brown Soup Stock.

2 lbs. meat and bone	½ c. diced carrots
3½ qts. cold water	½ c. diced celery
1 onion (diced)	½ c. diced turnip
1 sprig parsley	1 tb. salt
	½ tsp. pepper

The bone should be sawed into 2-in. lengths and split; cut meat into 1-inch cubes. Brown one-third of the meat in a little fat in the frying pan. Meat and bone should be soaked 1 hr. and cook in the same water below the boiling point in a covered kettle 4 to 5 hrs. Vegetables and seasonings should be added 1 hr. before removing from fire. Strain, and when cool remove fat and use stock in making different kinds of soup.

Vegetable Soup.

Follow directions for brown soup stock, adding as much vegetable as desired. Do not strain.

Bouillon.

6 c. soup stock	1 egg white
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Add slightly beaten egg white to the stock, heat to the boiling point, stirring constantly. Boil 5 min. without stirring, then simmer 10 min. Strain through a sieve and then through cheese cloth. Reheat and serve.

Split Pea Soup.

2 c. dried split peas	1 onion
$\frac{1}{2}$ c. chopped celery	2 qts. cold water
2 tb. flour	4 tb. butter
$\frac{1}{2}$ tsp. salt	$\frac{1}{8}$ tsp. pepper

Pick over the peas, soak over night and drain, add cold water, celery and onion, simmer for 3 hrs. or until soft. Rub through a sieve, add melted butter, mix with flour and seasoning; serve at once.

Clear Tomato Soup.

6 c. stewed strained tomato	4 c. soup stock
1 tsp. sugar	$\frac{1}{2}$ tsp. salt
$\frac{1}{3}$ tsp. pepper	1 tb. onion

Add hot soup stock to tomato and seasoning and serve at once.

Cream of Tomato Soup

2 c. tomato	$\frac{1}{2}$ tsp. salt
1 tsp. sugar	2 tb. flour
$\frac{1}{8}$ tsp. soda	1 tb. butter
$\frac{1}{8}$ tsp. pepper	1 tb. chopped onion
2 c. milk	

Cook tomato and seasoning 5 min., add soda, strain into white sauce made from butter, flour and milk.

Cream of Corn Soup.

2 c. corn	2 c. milk
2 c. water	1 onion chopped
$1\frac{1}{2}$ tb. butter	2 tb. flour
$\frac{1}{2}$ tsp. salt	$\frac{1}{8}$ tsp. pepper

Cook corn, onion and water below the boiling point 30 min.; press through a sieve. Make a white sauce of milk, butter and flour, and add the strained corn. Reheat and serve.

Cream of Pea Soup.

Follow the directions for Cream of Corn Soup, substituting 2 c. peas for corn.

Cream of Celery Soup.

Make as for Cream of Corn Soup, substituting 2 c. celery for corn. The celery should be cooked until tender before straining it into the white sauce.

Cream of Potato Soup.

4 medium potatoes	3 c. milk
1 onion (large)	2 tb. butter
2 tb. flour	1 tsp. salt
$\frac{1}{8}$ tsp. pepper	$\frac{1}{4}$ tsp. celery salt

Cut and cook potatoes with onion in boiling salted water until soft, and allow the water to boil down. Press through a sieve and add to a white sauce made from the milk, flour, butter and seasonings.

SOUP ACCOMPANIMENTS

Croutons.

Cut bread in $\frac{1}{2}$ in. slices, then into squares, toast or bake until delicately brown; turn occasionally.

Soup Sticks.

Cut bread in $\frac{1}{2}$ -in. slices, then in strips 1 inch by the width of the loaf. Toast until light brown.

Cheese Straws.

Roll pie crust to $\frac{1}{4}$ in. thick, sprinkle one half with grated cheese to which has been added a few grains of salt and cayenne. Fold, press edges together, fold again, press and roll out $\frac{1}{4}$ in. thick. Sprinkle with cheese and repeat twice. Cut in strips 5 inches long and $\frac{1}{4}$ inch wide. Bake 10 min. in a hot oven.

Cheese Sticks.

Cut soup sticks in half lengthwise, spread with butter and sprinkle with grated cheese and bake until golden brown.

Chapter XVII

VEGETABLES

GENERAL RULES FOR PREPARATION OF VEGETABLES

1. Wash thoroughly, using a brush for vegetables such as potatoes, carrots, etc.
2. Pare or scrape if skins are to be removed.
3. Vegetables should be cooked in boiling salted water.
4. Green vegetables should be cooked uncovered to preserve the color. Baking soda may be added to keep the color.
5. Drain vegetables as soon as tender.
6. Season vegetables with salt and pepper. Serve hot.
7. Starchy vegetables require long cooking at high temperature.

Time for Cooking Vegetables.

Asparagus—20 to 40 min., according to age.

Beans (string)—1 to 2 hrs.

Beans (Lima)—1 to 2 hrs.

Beets (old)—3 to 4 hrs.

Cabbage—30 to 45 min.

Cauliflower—30 to 40 min.

Green Corn—10 to 15 min.

Onions—30 to 45 min.

Parsnips—20 to 45 min.

Potatoes (sweet)—25 to 30 min.

Potatoes (white)—20 to 35 min.

Peas—20 to 45 min.

Squash (summer)—20 to 45 min.

Squash (winter)—45 min. to 1 hr.

Tomatoes (stewed)—15 to 20 min.

Turnips—45 min. to 1 hr.

Mashed Potatoes.

Mash boiled potatoes, season with butter, pepper and salt, add enough hot milk to moisten and beat until creamy.

Baked Potatoes.

Select medium sized potatoes, wash, bake in hot oven until tender, prick potato to allow steam to escape.

Note—If desired, brush potatoes before baking with melted butter or bacon fat.

Stuffed Potatoes.

Cut one end off of hot baked potatoes, scoop out the inside, mash with butter, paprika, salt and pepper; refill shell lightly and return to oven to brown top.

Roasted Potatoes.

Pare potatoes and boil 10 min. in salted water, drain and place potatoes in pan with the roast 45 min. before the meat is removed from the oven. Turn and baste occasionally. Cook until tender.

Scalloped Potatoes.

Pare and slice potatoes. Line a buttered baking dish with sliced potatoes, sprinkle with salt, pepper and flour and dot with butter and repeat until dish is full. Add hot milk to cover. Bake in a moderate oven about 1 hr.

French Fried Potatoes.

Slice medium potatoes, cut into eighths lengthwise, soak in cold water about 45 min. Drain and dry between folds of clean cloth. Fry in deep fat, drain on unglazed paper and sprinkle slightly with salt.

Potato Chips.

Cut potatoes in very thin slices and follow directions for French Fried Potatoes.

Baked Sweet Potatoes.

Follow directions for baked potatoes.

Candied Sweet Potatoes.

4 medium sized potatoes	2 tb. butter
$\frac{1}{2}$ c. brown sugar	2 tps. salt
2 tb. water	

Boil 20 min., drain, peel, cut in slices lengthwise $\frac{1}{2}$ in. thick and place on buttered tin. Boil sugar, water and salt 5 min. to make a syrup, and add one-half to the potatoes; dot with butter, brown, and then add the remaining syrup. Bake in a moderate oven 20 min., or until tender.

Baked Squash.

Cut into $\frac{1}{4}$ in. pieces, remove seeds and stringy portions; place on a shallow pan, sprinkle with salt and pepper, dot with butter and mash.

Mashed Turnip.

Wash, pare and cut into 1-inch slices and cook in boiling salted water until tender. Drain, mash and season with salt and pepper and butter.

Creamed Turnips.

Cut into $\frac{1}{2}$ in. cubes, cook in boiling salted water, drain, add white sauce and season.

Scalloped Corn.

2 c. corn	2 tb. flour
1 c. milk	1 tb. butter
$\frac{1}{2}$ tsp. salt	$\frac{1}{8}$ tsp. pepper
1 tsp. sugar	$\frac{1}{2}$ c. bread crumbs

Make a white sauce with butter, flour and milk, add corn, bread crumbs and sugar. Fill buttered baking dish and cover with bread crumbs. Bake in a moderate oven until brown. Green peppers may be added if desired.

Succotash.

Cook lima beans until nearly tender, add about 2 c. corn to the beans, cook 20 to 30 min.; season with salt and pepper.

Cauliflower.

Remove leaves, stalks, and separate in pieces. Cook until tender in boiling salted water, drain, add seasoning and serve.

Boiled Onions.

Place onions in cold water and remove skins under water; drain, cover with boiling water and let stand 5 min.; pour off the water, cover with boiling salted water and cook until tender. Season with butter, pepper and salt and serve with a white sauce if desired.

Spinach.

Pick over the spinach, remove roots, put in a pan with enough water to allow the sand to settle, shake leaves and lift out, repeat until all sand is removed. Drain well and cook in a covered kettle 10 to 15 min. over a low flame.

Asparagus.

Cut off the tough parts of the stalks. Cook asparagus whole or in 1-inch lengths in boiling salted water until tender. Drain, spread with butter, or serve with white sauce.

Creamed Celery.

Wash and scrape out stalks of celery, cut in inch pieces, cook until tender in boiling salted water. Make a white sauce, using half the celery stock and half milk.

Stewed Tomatoes.

Wash, scald and remove skins, cut in quarters, simmer 15 to 20 min.; season with salt, pepper and sugar.

Buttered Beets.

Wash and cook in boiling water until tender; drain, cover with cold water, peel off skins and cut into quarters. Season with butter, salt and pepper and reheat.

Chapter XVIII

PICKLES, PRESERVES, JAMS AND JELLIES

GENERAL DIRECTIONS FOR CANNING

Sterilization of Jars.

1. Wash jars and fill with cold water, place on a wire rack in a deep pan.
2. Surround jars with warm water and heat gradually until water reaches the boiling point and boil 15 min. to sterilize jars.
3. Rubbers should be dipped in hot water and removed instantly.
4. Keep the jars in boiling water until ready to use.
5. Pass a silver knife down between jar and fruit to allow bubbles to escape.
6. Fill jars to overflowing, put on sterilized rubbers and cover.

There are Two Methods of Canning.

A. Open kettle method, which is to cook fruit or vegetables in a saucepan and when ready transfer to sterilized jars.

B. Cold Pack method, which is to pack the fruit or vegetables in the jar in which it is to be cooked and pour over it the boiling syrup or water.

Canned Peaches.

Wipe and peel peaches, cut in halves, remove stones. Allowing 1 c. sugar to 1 c. peaches, let stand over night, boil 15 min. and can according to general directions.

Canned Pears.

Wipe and pare fruit, remove stems, cut in quarters and core or cook whole with stem left on. A small piece of ginger root and a few slices of lemon may be added to a syrup made of 1 c. water and 1 c. sugar, can according to general directions.

Canned Tomatoes.

Wash, scald and peel tomatoes, cook until soft, can according to open kettle method.

Canned Beans.

Wash and string beans, break in halves and pack. Add 2 tsp. salt to each quart, fill with cold water and can according to cold pack method.

Canned Corn.

Remove the husks and silk from corn, cut off the kernels or leave whole. Pack in sterilized jars, allowing $1\frac{1}{2}$ tsp. salt to each quart jar. Fill to overflowing and can according to cold pack method.

Canned Peas.

Shell and pack in sterilized jars, adding $1\frac{1}{2}$ tsp. salt to each jar. Fill to overflowing with water and follow directions for cold pack canning.

GENERAL RULES FOR PRESERVES

1. Use equal weight of fruit and sugar.
2. To each pound of sugar use $\frac{1}{2}$ c. water; heat to the boiling point, skim, add fruit and cook until fruit is transparent.
3. Pack into jars, fill with syrup and seal.

Preserved Strawberries.

Choose large firm strawberries, mix fruit and sugar, let stand 1 hr. Boil slowly for 5 min. Put in sterilized jars and seal.

GENERAL DIRECTIONS FOR JELLY MAKING

1. Wash fruit, remove stems, cut large fruit into pieces without removing skins or seeds.
2. Add only enough water to prevent burning; fruit is juicy; less juicy fruits require more water.
3. Cook until fruit is soft, crushing it as it cooks; strain through a sterilized jelly bag; use juice which drips through without pressure to make clear jelly; the remaining juice when

added to pulp may be utilized in fruit butter or pressed out to make jam.

4. Measure juice—heat sugar.

5. Boil juice and sugar until the mixture does not run when dropped on a plate.

Grape Jelly.

Follow directions for jelly making. If fruit is green use an equal measure of sugar and juice; if ripe, $\frac{3}{4}$ as much sugar as juice.

Currant Jelly.

Follow directions for jelly making, using an equal measure of juice and sugar.

Crab Apple Jelly.

Follow the directions for jelly making, using 3 parts of sugar to one part of juice. Other fruit juices, e.g., plum, grape or geranium leaves may be added to improve the flavor.

Orange Marmalade.

6 oranges	4 c. sugar
2 lemons	water

Wash and slice fruit, add twice as much water as fruit; let stand over night. Cook slowly 1 hr. Weigh the fruit and add as much sugar as fruit. Cook 1 hr. or until it stiffens. Pour into sterilized glasses, seal and cover.

Cranberry Conserve.

4 qt. cranberries	1 c. walnut meats
1½ c. water	2 oranges (juice and grated rind)
½ c. raisins	

Wash and cook cranberries in water until they burst. Press through a strainer, add remaining ingredients and cook 25 min. or until the mixture is thick. Pour into sterilized jars; when cool seal.

Grape Conserve.

4 qts. grapes	1 lb. walnut meats
6 oranges	3 lbs. raisins

Wash grapes and separate pulp and skins. Cook pulp until soft and press through a sieve. Remove pulp and juice from oranges, add to raisins and skins; measure and add an equal amount of sugar. Simmer until ready to jelly, add broken nuts and pour into sterilized glasses. When cool cover with melted parafine.

Note—Grapes should not be over ripe.

Chili Sauce.

12 ripe tomatoes	2 c. vinegar
4 red peppers	1 tsp. nutmeg
1 tb. salt	4 onions
1 tsp. cinnamon	$\frac{1}{2}$ c. sugar
1 tsp. allspice	1 tsp. cloves

Peel and slice tomatoes, chop peppers and onions and cook until reduced one-half. Just before removing from the fire add vinegar, sugar and spices; boil up once and seal.

Piccalilli.

$\frac{1}{2}$ peck green tomatoes	1 head cauliflower
8 red peppers	6 green peppers
$\frac{1}{2}$ bunch celery	6 onions
1 c. salt	1 qt. vinegar

Cut vegetables in medium sized pieces, mix with salt, let stand over night, drain, scald in vinegar and drain, then seal.

Chow Chow.

1 qt. string beans	1 qt. small onions
1 cauliflower	1 qt. cucumbers
$\frac{1}{2}$ c. mustard,	1 qt. vinegar

Cut beans, cauliflower and onions in small pieces, cover with boiling brine, let stand over night, wash and drain, scald in weak vinegar, drain and seal.

Cucumber Pickle.

2 qts. small cucumbers	$\frac{1}{2}$ c. sugar
3 c. vinegar	12 small onions
2 c. water	2 sticks cinnamon
2 tb. mustard seed	brine

Choose small firm cucumbers and let stand in strong brine (salt water). Mix vinegar and water, add sugar and cucumbers and heat until the color changes. Remove cucumbers and pack in jars. With the remaining ingredients heat vinegar to boiling point, fill the jars and seal.

Chapter XIX

TABLE SERVICE

RULES FOR TABLE SETTING

1. Table padding or silence cloth should be placed on the table.
2. The tablecloth should be laid straight and smooth.
3. A centerpiece of flowers or a fern, if used, should be placed in the exact center of the table.
4. Napkin should be folded twice to form a square and placed at the left, with the open edge towards plate; a dinner napkin is folded three times.
5. For luncheon or breakfast doilies or runners may be used in place of the tablecloth.
6. Doilies may be used on plates containing bread, crackers, cakes or biscuits.
7. The term "cover" means the space for each person, with its china, silver and glass.
8. The bread and butter plate is placed at the upper left of the plate, the glass is placed beyond the tip of the knife. Salt and pepper shakers should be accessible to each two covers. At the right of the plate the knives are placed, in the order to be used, and forks that are used without knives—e.g., oyster forks—at the left; place all the forks to be used with the knives. Do not place more than three pieces of silver on either side of the plate. Additional silver may be brought with the course.

STYLES OF TABLE SERVICE

English, or Family Style—Where the food is served on the table, the host serving the main courses, the hostess serving the soup, salad and dessert. The food is passed by the waitress, or when no maid serves it may be passed from one person to another.

Russian — Where all the food is served from the pantry. This is the most formal type of table service.

Compromise — Is what the name implies, half the food is served from the pantry and the other half from the table.

Suggestions.

Cold foods are served on cold dishes.

Hot foods are served on hot dishes.

MENU MAKING

In planning menus the following points should be emphasized.

1. Variety — Body demands contrast in food.
2. Cost — Is a most important consideration. Foods which give the most food value for the least money should be chosen.
3. Season —, Foods used in season have better flavor, more nutritious and are less expensive.
4. Occupation — In planning menus the occupation is to be considered; e.g., a man working out of doors requires more solid food than a man doing clerical work.
5. Age — Growing persons require more hearty food.

THE LUNCHEON

There are many pleasant ways for the hostess of to-day to entertain her friends, all depending upon the size of her purse and the type of entertainment she desires to give. She may entertain a few friends, not more than six, successfully at luncheon without a maid providing the menu is simple, the plan of work carefully executed, and that the hostess herself possesses poise and personal charm. This menu may be used, and would require only very little last minute preparation, thus allowing the hostess a few minutes to greet her guests before luncheon is served.

Grapefruit

Chicken Patty with Peas

Rolls

Butter

Lettuce, Russian Dressing Saltines

Baked Custard, Caramel Sauce

Coffee

Sugar

Cream

The grapefruit could be prepared the evening before and set in the icebox to chill.

Patty cases may be purchased at the bakery, the chicken and other ingredients ready to cream, or may be creamed an hour before luncheon and set in a double boiler. The lettuce and dressing should be ready and waiting in a cool place until serving time.

Baked custard may be made early in the morning and set to cool.

The selection of the menu will determine to a great extent the success of the meal, for if the food chosen can be prepared in advance, the last-minute anxieties will be greatly lessened.

Simplicity is the keynote of success in serving a luncheon without help.

AFTERNOON TEA

Is an institution that will provide entertainment for a very small group, but is often used when the guest list is a long one. A tea is sometimes given by a hostess to introduce an out-of-town guest to a number of her friends. It is a formal type of entertaining, and yet when served to two or three intimates around a fireplace on a winter afternoon or on the porch in summer, it becomes a very informal thing. The refreshments usually consist of dainty sandwiches, small cakes or cookies, ice cream, tea or iced drink. Bonbons and nuts are usually added to the more elaborate menu. Tea and sandwiches may be served at the informal tea. The table may be set in the dining room with a luncheon cover, candles and flowers. The sandwiches, candy and cakes may be placed on the table and the guests will stand around to be served. This is done when the party is a large one. A tea wagon may be used to advantage at a small party where the guests will sit around and use the tea wagon as a serving table.

MENUS FOR SUPPER OR LUNCHEON**Menu No. 1**

Cream of Tomato Soup
 Macaroni and Cheese
 Bread Butter
 Sliced Peaches Cookies

Menu No. 3

Cream of Celery Soup
 Potato, Apple and Nut Salad
 Butter Corn Muffins
 Chocolate Pudding
 Whipped Cream

Menu No. 2

Canteloupe
 Meat Loaf
 Rolls Scalloped Potato
 Cottage Pudding
 Lemon Sauce

Menu No. 4

Lamb Stew
 Butter Graham Bread
 Sliced Oranges
 Plain Cake

MENUS FOR DINNER

Menu No. 1

Fruit Cup

Broiled Bluefish

Stewed Tomatoes

Mashed Potatoes

Apple Pie

Menu No. 3

Chicken Soup

Roast Lamb with Mint Jelly

Green Peas Baked Potatoes

Delmonico Pudding

Vanilla Sauce

Menu No. 2

Bouillon

Roast Beef

Creamed Onions

Roasted Potatoes

Brown Betty, Hard Sauce

Menu No. 4

Fried Ham

Spinach

Candied Sweet Potatoes

Lettuce

French Dressing

Washington Pie

MENUS FOR HOLIDAY PARTIES

Valentine Party

Color Scheme	Red and White
Decorations	Red Roses, Red Candles
Favors	Hearts and Valentines

Menu:—

Waldorf Salad

Rolls	Butter
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Heart Shaped Ice Cream

Cakes	Coffee
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For the Valentine Party where there are not more than eight or ten guests and they are to sit around the table, luncheon doilies may be used. A centerpiece of flowers in a low bowl, two or four candles in silver holders, heart baskets for nuts and a valentine for each place makes a very attractive table.

Apples may be scooped out, mixed with celery, nuts, salad dressing, returned to the apple cases and garnished with celery leaves rather than lettuce. Little cakes frosted with white and a dot of red in the center are appropriate and add to the appearance of the table.

St. Patrick's Day Party

Color Scheme	Green and White
Decorations	Green Shamrocks
Favors	Clay Pipes as Nut Baskets

Menu:—

Creamed Chicken with Green Peppers		
Butter	Toast	
Cheese and Walnut Salad	Saltines	
Vanilla Ice Cream	Green Cherries	
Milk	Tea	Sugar

A pot of shamrock makes a very pretty centerpiece, especially where narrow green ribbons are extended and attached to an old-fashioned clay pipe at each place. The cheese and walnuts may be rolled into balls and arranged on lettuce leaves and placed on the table.

Easter Party

Color Scheme	Yellow and Green
Decorations	Jonquils and Pussywillow
Favors	Yellow Baskets and Chickens

Menu:—

Easter Egg Salad		Olives
Lettuce and Mayonnaise Sandwiches		
Pistachio Ice Cream	Sponge Cake	
Cream	Coffee	Sugar

Easter Egg Salad—Use hard-cooked eggs; cut whites in lengthwise petals; press yolks through a strainer and fill the center; serve on lettuce with salad dressing.

Lettuce and Mayonnaise Sandwiches—Butter bread, arrange a slice of lettuce between bread, add 1 tsp. dressing and cover with bread; cut off crusts and serve in a sandwich basket or on plates.

HOW TO COOK IT

May Party for Children

Color Scheme: Blue, Pink, Yellow, Green
and Lavendar.

Decorations Mayflowers

Favors Paper Dolls in delicate colors

Menu:—

Jelly Sandwiches

Raisin and Nut Sandwiches

Vanilla Ice Cream Cookies

If the weather permits arrange the table on the porch or lawn; in the center place a low bowl of Mayflowers and from it extend different colored ribbons to the place-lollypop dolls with a marshmallow face dressed in a pretty delicate color and a Maybasket filled with marshmallows at each place. A miniature Maypole might be used for a centerpiece, and before the lunch is served each child might dance her doll around the Maypole.

Shower for the June Bride

Color Scheme Pink and White

Decorations Roses, Candles, Baskets

Favors Small Wedding Cakes

Menu:—

Fruit Salad

Cheese and Nut Sandwiches

Olive Sandwiches

Strawberry Ice Cream Cakes

Cream Coffee Sugar

Fruit Salad—A combination of fresh pineapple, grapes, marshmallow, and strawberries will make a delicious salad when served with fruit salad dressing.

Small cakes may be frosted with a heavy decorated frosting and each one to contain a ring, thimble, penny or an equally significant favor.

A shower of things to go away with is very unique and useful to the prospective bride. The guests may arrange to buy a suitcase or bag and fill it with toilet accessories; it may be delivered by a messenger boy just before the guests arrive.

Refreshments might be served on the porch after a card party, or on the lawn if the party is to be given in the afternoon.

4th of July Picnic

A holiday in the summer is usually celebrated in the coolest available spot—it may be an automobile trip, a day at the beach or in the mountains. The refreshments are important and should be carefully planned.

Menu:—

Potato and Egg Salad

Buttered Rolls

Ham Sandwiches

Ice Cream

Cake

Ginger Ale

The salad may be placed in paper containers, the sandwiches wrapped in oiled paper, a freezer of ice cream brought along, and a cake without frosting, such as sponge or angel cake.

The ginger ale might be packed with the ice cream in the freezer. Pickles and olives are always relished at a picnic.

A Beach Party in August

A beach party is always enjoyable and the refreshments are uppermost in the minds of the participants, more especially if a swim has preceded the party.

A steak roast is a popular beach refreshment. When the fire is built the steak or frankfurters are roasted—the steak cut up in portions large enough to fit in a finger roll; it may be attached to a long stick and placed over the fire. Marshmallows may be toasted a little later; mustard and pepper relish make steak or frankfurters more appetizing; doughnuts, cake, fruit, ginger ale or coffee may be served, all de-

pending upon the weather and the guests, for usually everyone takes part in suggesting the refreshments for a party of this kind.

Thanksgiving Party

Color Scheme	Red and Gold
Decorations	Horn of Plenty ; Fruit
Favors	Turkeys

Menu:—

Lobster Patty
Bread and Butter Sandwiches
Grape and Nut Salad Saltines
Baked Apples, Whipped Cream

In the center of the table a large basket of fruit or a horn of plenty may be used. The salad may be made with grapes, cherries, pineapple, marshmallow and nuts, and served on lettuce. The centers of the apples should be taken out and cavity filled with jelly; when baked place a spoonful of whipped cream on each apple.

Christmas Dance

Color Scheme	Red and Green
Decorations	Holly and Evergreen Wreaths

Menu:—

Currant Jelly and Cream Cheese Sandwiches
Raspberry Ice Cookies
Fruit Punch

When the house is open to greet a number of young people for dancing the refreshments do not play such an important part. Dainty sandwiches, ice and cakes serve to refresh the guests. Fruit punch may be placed on a table near the room where the dance is being held, and enjoyed during the evening. The refreshments may be served buffet style. Favors may be distributed for a to-find-your-partner dance.

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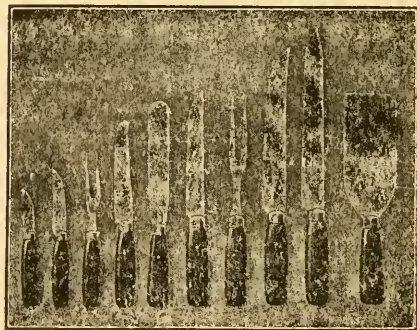
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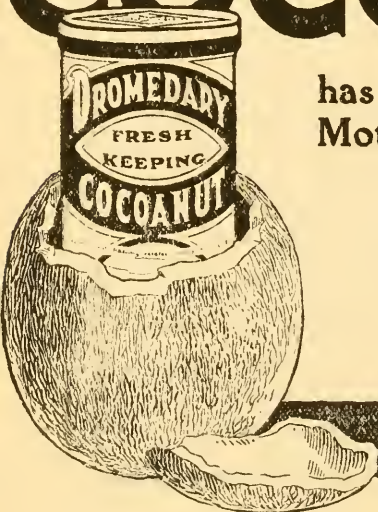
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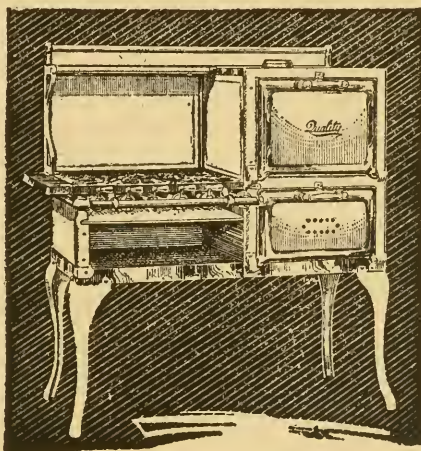
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